
Chicken, Ice Storm

Servings: 4

recipe made in 1998 when we lost the power for 12 days. I cooked this on the wood stove. We like it so much, we eat every winter!

2 whole chicken breast, halved

1 can cream of chicken soup

2 large onions, sliced

salt and pepper, to taste

Mix all ingredients together in a saucepan.

Cook on medium low, stirring occasionally, until a thick gravy forms and chicken has no trace of pink, about 20 minutes.

Serve on mashed potatoes, rice, or other starch.

Per Serving (excluding unknown items): 300 Calories; 15g Fat (47.1% calories from fat); 32g Protein; 7g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 339mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.