

# Chicken à la King



PREPARATION TIME  
15 minutes



COOKING TIME  
15 minutes



PERFECT PARTNER  
garden salad



Save money by purchasing a combination of peas, carrots and mushrooms that are already chopped and sliced and available in the frozen food section of the grocery store.

## SHOPPING LIST

- peas • carrot • mushrooms
- leek • chicken broth • chicken
- cooking sherry • corn bread

## ON HAND

- butter • flour • milk
- salt • pepper • tarragon

## INGREDIENTS

- 1 cup fresh peas or 1 (9-ounce) package frozen peas
- 1 large carrot, sliced
- 1 large leek, chopped
- 1 cup sliced mushrooms
- 1<sup>1</sup>/<sub>4</sub> cups chicken broth
- <sup>1</sup>/<sub>4</sub> cup butter or margarine
- <sup>1</sup>/<sub>3</sub> cup flour
- <sup>3</sup>/<sub>4</sub> cup milk
- <sup>1</sup>/<sub>4</sub> cup cooking sherry or apple cider
- 2 cups chopped cooked chicken
- 1 teaspoon dried tarragon
- Salt and pepper
- 6 squares corn bread

SERVES 6

## COOKIN' *Xpress*

• If you prepare the mixture through step 3 an hour or two in advance, place a piece of plastic wrap or waxed paper directly on the surface of the sauce to keep a skin from forming. Simply lift the paper off and discard before heating and serving.

### Make Ahead

Prepare this recipe through step 3 and freeze in individual portions. Defrost, reheat and serve over toast for a quick meal.

**1** Combine peas, carrots, leeks, mushrooms and broth in a medium saucepan. Simmer, covered, until vegetables are tender. Drain, reserving vegetables and broth.



**3** Cook, whisking continually, until thickened, about 2 minutes. Add chicken, vegetables, tarragon, salt and pepper. Heat to serving temperature.



### ♦ VARIATION

*This mixture can also make a great Oriental meal by serving it over steamed rice and topping with Chinese noodles.*



**2** Melt butter in a large saucepan over medium heat. Add flour. Cook, stirring continually, for 1 minute. Whisk in reserved broth, milk and sherry. Reduce heat.



**4** Split corn bread squares into layers; place on plates. Spoon chicken mixture over corn bread.