



Mike's Chicken Base

main meals

POINTS® Value: 3

Servings: 12

Preparation Time: 0 min

Cooking Time: 0 min

Level of Difficulty: Moderate

Course: main meals

This is what I use for Chicken and Biscuits or Chicken Pot Pie. Pour this over a 1-point english muffin for a four point lunch!

Ingredients

- 2 1/2 Tbsp olive oil
- ◆ 3/4 pound(s) Chicken breast, skinless, boneless, raw
- ◆ 325 gm onion(s), (one large onion), finely chopped
- ◆ 150 gm celery, (about six stalks), cut into small pieces
- ◆ 225 gm carrot(s), (about 4-5 medium/large carrots), cut into small p
- 2 Tbsp all-purpose flour
- 2 Tbsp cornstarch
- ◆ 4 cup(s) reduced-sodium chicken broth
- 5 oz evaporated whole milk
- ◆ 1 cup(s) canned green peas
- ◆ 1 cup(s) rolled oats, pulverized in blender
- ◆ 1 cup(s) cooked frozen corn kernels

Instructions

Note: This recipe uses a lot of root vegetables, so it needs to be aggressively seasoned with plenty of salt.

Take first 1/2 Tbsp of olive oil and slather chicken breasts, sprinkle with salt and pepper. Roast for 25 minutes at 350. Allow the chicken to cool.

Pour 2 Tbsp olive oil into large dutch oven or pot. Turn on medium heat. Add onions, salt and pepper liberally. Sweat these until softened, about five minutes. Do not brown the onion. Add the carrots and celery. Season with salt and pepper.

Mix the flour, corn starch, and pulverized rolled oats with one cup of the chicken broth in a bowl. Whisk until smooth. (This is called a slurry.) If it's too thick, add more of the chicken broth. Add this mixture to the vegetables. Add the remaining chicken broth.

Cut the chicken into small pieces and then add to the vegatbles and broth.

Allow this to simmer for about 10 minutes. Add the corn and peas.

Makes twelve one-cup servings.

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