

Six Recipes for Canned Chicken

- #1. Chicken Nuggets with Roasted Carrots and Potatoes
- #2. Chicken and Rice Soup with Carrots
- #3. Chicken and Noodles with Mixed Vegetables
- #4. Chicken Pot Pie with easy Crumble topping
- #5. Creamed Chicken and Peas over Refrigerator Biscuits or any Roll
- #6. Chicken Salad with Ranch Dressing

Just in case you are faced with being a chef for the first time, here's some helpful tips.

Simple measuring tools. It's pretty easy to measure using cans and spoons

- An 8 ounce can of anything (often tomato sauce) is one cup. Wash and clean any 8 ounce can and you have a one cup measure. Fill the can half way and you have $\frac{1}{2}$ cup. Most of the individual serving applesauce cups are also $\frac{1}{2}$ cup. When you fill the applesauce cup $\frac{1}{2}$ way you get $\frac{1}{4}$ cup.
- Fill the tomato sauce can a little less than half full for ingredients that call for $\frac{1}{3}$ cup, and a little over half full will be $\frac{2}{3}$ cup.
- A 12 ounce soup can is about 1 and $\frac{1}{2}$ cups.
- A soup spoon is about 1 Tablespoon (not heaping full), and a regular teaspoon is about 1 teaspoon (not heaping full). There are 3 teaspoons in a tablespoon.

Recipes use directions that might sound confusing. Here are a few:

“Cream” together - often a recipe for a cookie, quick bread or cake will say “cream together” sugar and butter. Creaming is mixing until there are no lumps.

“Dice” is used to describe cutting large items into pieces around $\frac{1}{4}$ to $\frac{1}{2}$ inch in size. Onions are diced in many recipes

Cooking might ask you to simmer, or boil or reduce

“Simmer” – hot enough so that there are small bubbles around the edge.

“Boil” – bubbles all over. Try to keep the heat low enough that the bubbles don't escape over the sides of the pot.

“Reduce” – this means you might cook until some of the liquid evaporates.

“Flip” – just means to turn the item over.

Two seasonings to provide flavor

Italian or Greek Seasoning: salt, pepper, garlic and oregano in one product

#1. Chicken Nuggets

Easy to make and bake in a regular or toaster oven. You can also use a skillet and low heat to brown these on a stove top. Just 4 ingredients, and two that you can add if you want to.

While this is not an ingredient, a can of nonstick cooking spray will help you make these nuggets more easily. Nonstick spray is often less expensive than oils or butter and lasts a long time in the cupboard.

You will use your hands to shape the nuggets...this is a good time to wash up.

And preheat your oven to 400 degrees

- 1 can of Canned Chicken – 12.5 ounces well drained.
- 1 large egg – lightly beaten (yolk well mixed into the white)
- 1/3 cup shredded mozzarella
- 3 tablespoon grated parmesan
- optional seasoning (garlic powder & black pepper)

First drain the broth off the chicken. You can use the lid to press down as you pour off the liquid. Drain the broth into a small storage container and use in soup or other recipes. Store it in the refrigerator.

Add the egg and cheese (garlic powder and black pepper if using) to the chicken. Mix until all the ingredients are well combined. Using a tablespoon divide the chicken and cheese mixture into 10 to 12 portions. Roll each portion into a small nugget shape.

Heat a skillet or any flat bottom pan for about one minute. Spray the pan with non-stick coating. Place the nuggets on the pan, then into the oven they go. Bake for 10 minutes. Using a fork or spatula, carefully turn the nuggets and bake for another 10 minutes. These can be eaten as a nugget, or placed on a piece of bread.

Roast potato and Carrots

2 large potatoes

2 large carrots

Here's a quick meal tip: Slice one or two potatoes about ¼ inch thick, slice two large carrots into ¼ inch slices. Toss (mix) potatoes and carrots with 2 tablespoons oil. Salt them and bake them at the same time as the nuggets. When you turn the nuggets you can also give the veggies a shake to turn them.

#2. Chicken and Rice Soup

This soup is incredibly easy. Here are two methods to make it. One uses canned chicken and the other fresh chicken thighs. One seasoning that will help make many foods taste good is Italian seasoning, or if you prefer Greek Seasoning. This seasoning contains salt, pepper, oregano, garlic and sometimes basil or thyme. Purchasing this one spice is much cheaper than buying all the separate jars.

Another way to save money is to buy quart boxes of chicken or beef broth. A quart (4 cup) box of broth is usually available for under \$2.00. It has good flavor and you can use as much as you need and store the rest for another recipe. 3 to 4 cans of broth will cost almost twice as much.

Instructions using canned chicken and pre-cooked rice:

- 1 twelve ounce can of canned chicken
- 2 cups of cooked rice
- 2 cups of cooked vegetables – frozen or canned carrots are very good
- 4 cups (1 quart) chicken broth – 1 box or two large cans
- 1 teaspoon Italian or Greek seasoning.

Combine canned chicken, cooked rice, carrots, chicken broth and seasoning in a large saucepan and bring to a boil. Lower the heat and simmer for ten to fifteen minutes. Taste and add more seasoning or chicken broth if needed. Makes 4 servings

Fresh chicken rice soup: Fresh Chicken thighs, and uncooked rice take a little more time about 1 hour, but are also an economical way to make soup. Here are the instructions for making fresh soup.

1. Spray a large sauce pan with nonstick coating.
2. Heat the pan and add the three uncooked chicken thighs - brown the thighs on both sides.
3. Add 4 cups of chicken broth and 1 cup water to the same pan. Cook chicken on low heat, just a little bubbling, for at least 45 minutes. Check it every 15 minutes and add more water if needed. The meat should come off the bone easily.
4. Remove the bones, add the uncooked rice, vegetables and 1 to 2 teaspoons of seasoning. You may need to add another cup of water.
5. Bring the soup to a simmer, and simmer for 10 to 15 minutes until the rice is cooked. You can taste and add more chicken broth, and seasoning if needed.

3. Chicken and Noodle Casserole

There are many names for Chicken and Noodle Casseroles. One easy way to make this tasty meal is to use 1-2 cans of chicken (or cook thighs as in the soup recipe), 1 can of Cream of Chicken soup, 2 cups of noodles, 1 can of water or milk, ½ cup of shredded cheese mixed with 1/2 cup of bread crumbs.

Rather than purchase bread crumbs, dry the end pieces of any loaf of bread. Just lay the bread on a plate in your cupboard and cover with a piece of paper towel, or use the plastic bag from the bread. The bread will dry nicely in about 2 days and you can crumble it for a crispy topping on casseroles. Add ½ cup shredded cheese for a tasty topping.

Here are the ingredients and instructions

1 or 2 cans of canned chicken (or the cooked meat from 3 thighs)

1 can cream of chicken soup

1 can water or milk

2 cups of dry noodles cooked in water and drained
(should provide about 4 cups of cooked noodles)

1 /2 teaspoon Italian or Greek seasoning

½ cup bread crumbs

½ cup shredded cheese

Combine the chicken, soup mix, cooked noodles and seasoning. Taste and add seasoning if needed. If the casserole seems dry, just add ¼ cup of water or milk at a time until it is just well moistened.

Mix well and place into a baking dish or a skillet that can go into the oven.

Mix the bread crumbs and cheese and sprinkle over the top of the casserole. Bake for 30 minutes. **NO OVEN?** No worries, just reheat the mixture in the saucepan and sprinkle **JUST THE CHEESE** over when you serve.

This casserole is also good with a bag of frozen mixed vegetables or a can of mixed vegetables added before baking, or heating in sauce pan.

If you like spicy foods, a teaspoon of chopped canned jalapeno or ½ teaspoon red pepper is a nice addition.

Makes 4 servings

4. Pot Pie with Crumble topping

Does making a pie crust scare you? Well this pot pie recipe can be made with chicken or pork or beef and the crumbled topping is easy. This recipe take a little more time, but it will make enough for at least two meals. And if you find a good price on beef cubes or boneless pork, just replace the chicken with that meat. It's equally good.

Heat the oven to 350 degrees

For the filling:

- 1 ½ pounds boneless, skinless chicken breasts and/or thighs or 2 cans chicken
- 3 cups low-sodium chicken broth
- 2 tbsp. canola oil
- 1 medium onion, chopped fine (about 1 cup)
- 2 small celery ribs, chopped fine (about ½ cup) Optional, but tasty if you have some.
- 2 Tablespoons cooking oil
- ¼ cup flour
- 2 teaspoons Italian or Greek seasoning
- 1 cup milk
- 1 tsp soy sauce (low sodium is fine) (this is also optional)
- 2 Tablespoons tomato sauce
- 1 small bag frozen baby peas or canned peas

1. Cut the chicken into bite size pieces. Add the oil to a skillet, heat and brown the chicken
2. Remove the chicken to a bowl or plate.
3. Add the onion and celery to the skillet and cook on low for 2-3 minutes until the onion looks light, light brown. Add chicken and chicken broth and continue to cook on low heat
4. Mix the tomato sauce, flour, soy sauce, seasoning and milk, and stir until well mixed.
5. Slowly mix into the meat, onion and celery and add the peas. Turn heat off and stir a few times

Topping

1. 2 cups all-purpose flour
2. 2 tsp baking powder
3. ¾ tsp table salt
4. ½ tsp ground black pepper
5. ¾ stick of butter or margarine
6. ½ cup milk

Combine the flour, baking powder, salt, pepper. Mix the butter into the flour with a fork. It will take a few minutes to get the butter well mixed. The flour and butter will look a bit like grainy sand. Add the milk and mix until you get pebble sized pieces. Put the Chicken and vegetable mix into a baking pan. A metal cake pan is great for this. Sprinkle the crumble flour mix over the filling. Bake for 30 to 45 minutes until the topping is browned and the veg and chicken mix is bubbling hot.

Creamed Chicken and Peas over Biscuits

This is a super easy, fast dinner recipe. Especially if you have a can of refrigerator rolls, or left over rolls. One additional way to provide the biscuit portion of this recipe is to buy a box of baking mix. Baking mix can be used to make pancakes, biscuits or even a simple pie crust. It's economical and will last for at least 3 to 4 months stored in a cabinet.

Creamed Chicken and Peas

1 can of canned Chicken (12 ounces) NOT drained.

(Or 1 large fully cooked chicken breast - cut into bite size pieces. It is perfectly ok to use breaded chicken and add the breading to this recipe. It will help thicken and flavor the sauce. If you use cooked chicken breast, you may need to add ½ cup more broth)

1/2 cup of chicken broth

1 cup of milk

¼ cup flour

1 tablespoon oil (or margarine)

1 small onion (or 2 tablespoons dry onion rehydrated by added 2 tablespoons warm water about 10 minutes before adding to recipe

1 can of canned peas (drained)

Salt and pepper to taste

Mix the flour and oil, adding small amounts of milk until fully mixed. Add to sauce pan or skillet, add the chicken broth and bring to a simmer. Add the chicken and peas and heat until all ingredients are hot. If you simmer for a few minutes the sauce will thicken more.

Place a biscuit, or roll, or even toast in a bowl and cover with the Chicken and Peas.

Store any leftovers in the refrigerator for up to 3 days.

You can substitute frozen peas or mixed vegetables for the canned peas.

6. Chicken salad

This is the easiest recipe to make quickly. Canned chicken makes a wonderful sandwich or topping for crackers. You can vary the ingredients according to what you like or have available. In the summer fresh vegetables might be available at a farm stand. Or you might have a friend who grows some fresh vegetables in a garden.

Adding some chopped vegetable stretches the recipe so you can serve more people.

1 can chicken – drained (save that broth for use in other recipes)

¼ cup of ranch salad dressing.

½ cup of chopped celery (or lettuce or zucchini)

1 tablespoon chopped onion if you like onion

1 tablespoon of chopped pickle if available

1 tablespoon bacon bits if available

Mix, chill and spread on bread or crackers, or fill a soft taco with the salad and add more veggies like tomato and lettuce.