

Chicken Stuffing

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken Breasts, 8 oz each
20 oz Frozen Mixed Veggies
10.5 oz can Cream of Potato Soup
6 oz box Chicken Stuffing
4 oz Light Sour Cream
1/4 C Chicken Broth
1/4 C Fat Free Fairlife Milk
1/4 C Butter (half a stick)
1 Tbsp Garlic Powder
1/2 Tbsp Onion Powder
1 cube Chicken Bouillon
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 400

Fat - 12g

Carbohydrates - 38g

Protein - 33g

**Estimated Cost
Per Meal**

\$1.84

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Instructions

1. In a bowl, add 1/4 cup chicken broth and 1 chicken bouillon cube. Mix that up really well, ensuring the bouillon is broken up and dissolved. If you're having a hard time, heat the broth in the microwave for a few seconds. After the bouillon is dissolved, add in the cream of potato soup, 1 Tbsp garlic powder, and 1/2 Tbsp onion powder. Mix well and set aside.
2. Lay 3 chicken breasts in your crockpot and pour over the mixture from step 1.
3. Add your frozen veggies on top, cover, and cook on low and slow for at least 4 hours.
4. A few minutes before your chicken is done, in a medium sauce pan, heat 1.5 cups of water, and 1/4 cup of butter, and bring to a boil. Once butter is melted and liquid starts to boil, stir in your box of stuffing and remove from heat. Cover and let it stand for about 5 minutes.
5. Once your chicken is cooked through, shred it using the back of two forks (or your preferred method).
6. After your chicken is shredded, add 4 oz light sour cream and 1/4 cup fat free Fairlife milk. Mix well, taste, and add salt and pepper to preference.
7. Fluff your stuffing with a fork to increase the volume. In a 9x13 casserole dish, add your shredded chicken mixture and top with your stuffing. Pop it in the oven at 400°F for 15-20 minutes, or until stuffing is slightly crispy.
8. When done, divide into 6 equal servings and enjoy!



Notes

- If you need to lower the fat content in this recipe, you can skip the butter in the stuffing. It will still turn out just fine without it.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.