

## 30 Min. Chicken Gravy Dinner

**NON-STICK BRAISER (REQUIRED) OR  
CROCK POT (NOT EXACTLY THE SAME)**

**OLIVE OIL**

**2 LARGE CHICKEN BREASTS (SKIN ON)  
(SPRINKLED WITH SALT & PEPPER)**

**1 PACK LIPTON ONION SOUP MIX**

**1 CUP WATER**

**LARGE CUT VEGETABLES**

**CARROTS, RED POTATOES, RED BELL  
PEPPER, ONION, CELERY, SQUASH & ZUCHINNI  
SEASONING SALT OR GOYA VEGETABLE**

**AND SALAD SEASONING  
SALT & PEPPER**

In a 4 qt or larger non-stick braiser with unvented lid, preheat to hot. Add a little olive oil and place chicken in, skin and breast side down. brown 2-3 minutes.

add packet of soup mix and all vegetables (except the squash & zucchini). Sprinkle vegetables with seasoning salt. Put lid on pot for 10 minutes **ON A LOW HEAT**.

Turn breast meat over, add squash and zucchini, cover, and cook another 10 minutes. Take off lid and turn heat to med/high to reduce all liquid to a nice gravy. Use a meat thermometer if available Chicken must cook to an internal temperature of 165 degrees in center part of breast.

Serve chicken with mixed vegetables and gravy at once. Enjoy this delicious and quick dinner.