

Idiot's Kitchen Recipe – Baked Chicken in Mushrooms & Wine

Recipe from www.idiotskitchen.com



Ingredients:

4 Boneless, skinless chicken breasts halves
2 Tablespoons Olive Oil
1 Can Healthy Request Cream of Mushroom Soup
White Wine
1 (8 oz.) Package of Mushrooms, cleaned & sliced
½ Large Red Bell Pepper, chopped
¼ teaspoon Dried Thyme
¼ teaspoon Rubbed or Crushed Sage (note: NOT Powdered Sage)
Salt & Pepper
Cooked White Rice for serving.

Preheat the oven to 350 degrees.

Season the chicken breasts with salt & pepper. Heat 2 Tablespoons of Olive Oil over medium high heat and brown the chicken for 3-4 minutes per side. Once the chicken has browned, remove it to a plate or oven-safe baking dish.

Lower the heat on the pan and add 1 can of Cream of Mushroom soup. Fill the empty soup can with white wine and add it to the pan. Stir the wine and soup to remove any lumps and to scrape up any bits from the bottom of the pan. Add sliced mushrooms and chopped red bell pepper. Season with ¼ teaspoon dried thyme, ¼ teaspoon dried rubbed sage, salt and pepper to taste. Increase the heat to medium and bring the sauce to a boil

If you are using an oven-safe pan, return the chicken to the pan and cover with a lid. If you are using a baking dish, carefully pour the sauce over the chicken and cover with foil. Bake, COVERED at 350 for 25 minutes. After 25 minutes, turn the chicken in the sauce and bake UNCOVERED for an additional 25 minutes.

Serve the chicken and sauce over rice.