

Handy-Dandy Shopping List – Chicken Tetrazzini

Recipe from www.idiotskitchen.com



3 Chicken Breast Halves (baked and diced)

1 Large Onion (diced)

1 Red Bell Pepper (diced)

1 Pound Mushrooms (sliced)

4-5 Garlic cloves (diced)

$\frac{3}{4}$ -1 Pound Whole Wheat Linguini (some boxes will have less than a pound – I just use whatever is in the box and adjust the sauce as it cooks)

2-3 Tablespoons Olive Oil (not pictured)

$\frac{1}{2}$ Stick (4 Tablespoons) Butter

$\frac{1}{3}$ cup Flour

1 cup Milk (whole milk is preferable)

$\frac{1}{2}$ cup White Wine (something dry like Sauvignon Blanc or Pinot Grigio)

1 cup low-sodium Chicken Broth (not pictured)

1 cup frozen Peas

1 $\frac{1}{2}$ cups Pecorino Romano cheese (or parmesan)

$\frac{1}{2}$ teaspoon dried Thyme

Salt & Pepper

