

Prep time: 15 minutes

Cooking time: 30 minutes

Makes: 7 cups


Ingredients

- 1 pound boneless, skinless **chicken breast** (2-3 halves)
- 2 teaspoons **oil**
- 1¼ cups **chicken broth** (any type)
- 1 can (10.5 ounces) **condensed cream of chicken soup** (or any creamed soup)
- 1 teaspoon **pepper**
- ½ teaspoon **garlic powder** or 2 cloves of **garlic**, minced
- 2 cups small **shell pasta**, uncooked
- 2½ cups **broccoli**, chopped (fresh or frozen)
- 1 cup (4 ounces) **cheddar cheese**, shredded

Directions

1. Cut the chicken breast into bite-sized pieces. Sauté the pieces in oil in a large skillet over medium-high heat until lightly browned, 2 to 3 minutes.
2. Add the broth, soup, pepper and garlic. Stir until smooth. Add the pasta.
3. Bring to a boil. Cover and reduce heat to low. Simmer 15 minutes. Add the broccoli and continue cooking until the pasta and broccoli are tender, about 5 minutes. Add a small amount of water near the end of cooking if needed to prevent sticking.
4. Add cheese during the last two minutes of cooking. Stir until the cheese is melted.

Variations

- ★ Try whole-grain pasta for more fiber.
- ★ Try pasta in different shapes, such as spiral or elbow.
- ★ Add other vegetables such as peas, grated carrots or chopped bell peppers.
- ★ In place of chicken, use 1½ cups of white beans (a 15-ounce can, drained and rinsed), another meat or tuna or salmon.

Nutrition Facts

7 servings per container

Serving size 1 cup (236g)

Amount per serving

Calories
310

% Daily Value*

Total Fat 12g **15%**

 Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 65mg **22%**
Sodium 520mg **23%**
Total Carbohydrate 26g **9%**

 Dietary Fiber 1g **4%**

Total Sugars 2g

 Includes 0g Added Sugars **0%**
Protein 24g

Vitamin D 0mcg 0% Calcium 148mg 10%

Iron 2mg 10% Potassium 430mg 10%

Vitamin A 86mcg 7% Vitamin C 1mg 1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.