

CHICKEN A LA KING

When I think comfort food, I think about this. It is easy, quick, and for many years fed a family of 5 with 1 chicken breast, some vegetables and noodles.

1 can (4 oz.) mushroom stems/pieces - reserve liquid
½ cup Butter
½ cup Flour
1 teaspoon Salt
¼ teaspoon Pepper
1 ½ teaspoon Chicken Bullion (2 cubes)
1 ½ cups Milk
1 ½ cups Water plus Reserved Mushroom Liquid (Or 1 7/8 Cups water if you are not using mushrooms)
2 cups cut up Chicken (or as much as you have)
1 -2 cups veggies of your choice (I prefer peas and corn)

Melt butter over medium heat and add flour, salt, and pepper. Stir for at least 3-5 minutes. You are making a roux, so longer is better.

Whisk in liquids and bullion and bring to a boil again, stirring constantly. Bring to a boil and stir 1 minute, then add vegetables and chicken. Mix well and allow to simmer for at least 10 minutes to allow the vegetables to cook.

Taste the sauce and adjust the salt and pepper as necessary.

If the sauce is thicker than you would like, add milk or water 1 Tablespoon at a time until desired consistency. It will thicken slightly as it cools to eating temperature.

Serve over noodles, rice, toast, popovers, or whatever makes you happy.