

Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

1-805-922-6191

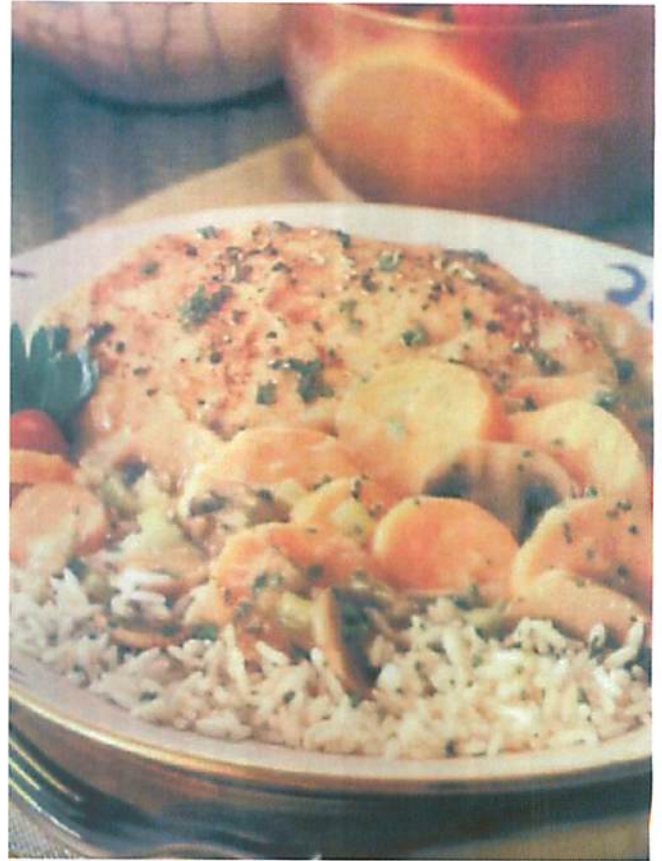
October, 2010

Pineapple Chicken and Sweet Potatoes

Ingredients:

Makes 6 servings

- 2/3 cup plus 3 tbsp all purpose flour, divided
- 1 tsp salt
- 1 tsp ground nutmeg
- ½ tsp ground cinnamon
- 1/8 tsp onion powder
- 1/8 tsp black pepper
- 6 chicken breasts
- 3 sweet potatoes, peeled and sliced
- 1 can (10 ¾ oz) condensed cream of chicken soup, undiluted
- 1/2 cup pineapple juice
- 1/4 lb mushrooms, sliced
- 2 tsp brown sugar
- 1/2 tsp grated orange peel
- Hot cooked rice



Preparations:

- 1.) Combine 2/3 cup flour, salt, nutmeg, cinnamon, onion powder and black pepper in large bowl. Thoroughly coat chicken in flour mixture. Place sweet potatoes on bottom of slow cooker. Top with chicken.
- 2.) Combine soup, juice, mushrooms, remaining 3 tablespoons flour, sugar and orange peel in small bowl; stir well. Pour soup mixture into slow cooker. Cover and cook on low 8 to 10 hours or on high 3 to 4 hours. Serve chicken and sauce over rice.

Find this recipe and many more at Fostersbodyandpaint.com