



Total Time  
**60 MIN.**

Serving & Size  
**1 SERVING (1 CHICKEN BREAST, 3 OZ SAUCE)**

Difficulty  
**EASY**


Yields  
**20**

Chicken, sour cream, Cajun seasoning, onions and mashed potatoes combine with Campbell's® Healthy Request® Condensed Cream of Chicken Soup for a rich and creamy dish everyone will enjoy.

<b>Nutrition Facts</b>	
Serving Size	1 SERVING (1 CHICKEN BREAST, 3 OZ SAUCE)
<b>Amount Per Serving</b>	
<b>Calories</b> 407	
	<b>% Daily Value</b>
<b>Total Fat</b> 14g	<b>22%</b>
<b>Saturated Fat</b> 4.9g	<b>25%</b>
<b>Cholesterol</b> 102mg	<b>34%</b>
<b>Sodium</b> 697mg	<b>29%</b>
<b>Total Carbohydrate</b> 36.8g	<b>12%</b>
<b>Dietary Fiber</b> 2.3g	<b>9%</b>
<b>Protein</b> 31.2g	<b>62%</b>
Vitamin A 13%	Vitamin C 14%
Calcium 6%	Iron 8%

**INGREDIENTS**

WEIGHT	MEASURE
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all-purpose flour		2	cups
paprika		2	tbsp.
Cajun seasoning		2	tbsp.
boneless, skinless chicken breast, 4 ounce each		20	ea.
butter		4	tbsp.
onion, diced	24 oz.	3	cups
 <b>Campbell's® Healthy Request® Condensed Cream of Chicken Soup</b>	50 oz.	1	cans
light sour cream	20 oz.	2 1/4	cups
water		1 1/2	cups
mashed potatoes, hot		10	cups



**TIP**

Serve with cooked white rice as an alternative to potatoes.

**INSTRUCTIONS**

1. Mix flour, paprika and Cajun seasoning.
2. Coat chicken with flour mixture.
3. Melt 2 tbsp. butter in skillet over medium heat. Cook chicken in 2 batches or until browned. Remove chicken and keep warm.
4. Add onions. Cook until tender.
5. Add soup, sour cream and water. Cook over low heat until hot.
6. Place 1 chicken breast on plate. Ladle 3 oz. soup mixture over chicken. Serve each portion with 1/2 cup mashed potatoes.