

**SOLO CHICKEN STROGANOFF**  
**BY DOROTHY ZEHNDER**

- 1 boneless skinless chicken breast half, cut into 2-inch strips
- 1 cup sliced fresh mushrooms
- 1/3 cup chopped onion
- 1/3 cup chopped green pepper
- 2 Tablespoons butter or margarine
- 2 Tablespoons all-purpose flour
- 1/2 cup chicken broth
- 3 Tablespoons sour cream
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon Bavarian Inn Chicken Seasoning
- 1/4 teaspoon ground nutmeg
- Hot cooked pasta or brown rice

In a large skillet, sauté the chicken, mushrooms, onion and green pepper in butter until chicken is no longer pink. Combine flour and broth until smooth; gradually add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add the sour cream, salt, pepper, Bavarian Inn Chicken Seasoning and nutmeg; cook and stir until heated through (do not boil). Serve over pasta or brown rice. Makes one serving.

*Note from Dorothy - very good for one serving, but can be doubled for two.*