



FEED BAG

RECIPES and HELPS

by Pauline Murphy

Tomato-Cream Stuffed Chicken

- 1/2 cup cream cheese, softened
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup chopped fresh spinach
- 1/2 cup oil-packed sun-dried tomatoes, chopped
- 2 garlic cloves, minced
- 4 bone-in chicken breast halves (6-8 ozs. each)
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 3 tbs. butter
- 1 tbs. olive oil

Ingredients for the sauce

- 1/4 cup chicken broth
- 1/4 cup oil-packed sun-dried tomatoes, chopped
- 3 tsp. chopped shallot, green onion or regular onion (only 1 of the onion)
- 3 garlic cloves, minced
- 6 fresh basil leaves, thinly sliced or 1/2 tsp. basil
- 3/4 cup heavy whipping cream
- 1/4 cup butter, cubed

In a small bowl, combine the first five ingredients. Carefully loosen the skin on one side of each chicken breast to form a pocket; spread cheese mixture under the skin. Sprinkle with salt and pepper.

Heat up oven to 400 D.

In a large skillet, brown chicken on both sides in butter and oil. Transfer to an ungreased 13 x 9 baking dish. Bake, uncovered, at 400 D for 20-25 minutes or until juices run clear. Meanwhile, in a small pan combine the broth, tomatoes, shallot (or onion) garlic and basil. Bring to a boil over medium heat; cook until reduced by half. Add cream and butter. Cook until thickened. Serve with chicken.

Creamy Tomato Soup

- 1 tbs. olive oil
- 1 large onion chopped
- 1 1/2 tbs. Italian seasoning
- 2-28 oz. cans crushed tomatoes
- 1 tsp. baking soda
- 2 cups chicken broth
- 1-12 oz can evaporated milk, whole or 2% salt and pepper

Heat oil in Dutch oven pan or skillet, add onion and Italian seasoning, cook until tender, 5-6 minutes.

Add tomatoes and baking soda, then chicken broth, bring to a simmer. Reduce heat to low and simmer, partly covered to blend flavors about 10 minutes.

If you have a Braun mixer, use that to chop and mix the soup. Or put small batches in a blender about 30 seconds for each batch. Pop out the center of lid cover with a towel.

Return soup to pot and heat to simmer seasoning with pepper and small amount of salt.

This soup is really flavorful and will serve 8.

I cut it in half to test it and make the whole amount next time.

Psalm 64:10

The righteous shall be glad in the Lord, and shall trust in Him ; and all the upright in heart shall glory.



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