



Home-style Chicken and Gravy

Inspired by Pillsbury Everyday Family Suppers 2007

- 2 1/2 pounds of thawed skinless chicken breast halves
- 1/2 teaspoon seasoned salt
- 3/4 teaspoon paprika
- 3/4 teaspoon garlic-pepper blend
- 2 Tablespoons Soy Milk
- 1 Tablespoon GFCF Worcestershire sauce
- 4 cups water
- 4 packets Herb ox Sodium Free Instant Broth and Seasoning Chicken Bouillon
- 4 Tablespoons Cornstarch (Try cornstarch or potato starch flour, used tapioca flour and was too thin)

Cut chicken into large chunks and mix with salt, paprika and garlic-pepper. Brown in a hot frying pan on both sides. Add water, bouillon, Soy Milk and Worcestershire sauce. Simmer 20 min or until chicken is cooked. Remove chicken to serving bowl. Mix cornstarch with equal parts cold water to create a nice paste. Slowly add cornstarch to skillet whisking briskly so it does not lump. Do not add too quickly. Whisk or stir until thickened. Pour over Chicken. Serve over mashed potatoes.

<http://www.lincolntent.com/GFCF-Poultry.html>