

Chicken Skillet with Vegetables

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 1 pound bag of carrots
- 1 16-ounce white mushrooms
- 2 zucchini squash
- 2 broccoli crowns

Canned and Dry Goods

Soup:

- 1 32-ounce chicken stock

Cereal, Pasta, and Grains

- 1-pound white rice

Pantry Staples

- Salt
- Pepper
- Soy sauce
- Extra Virgin Olive Oil

Meat and Dairy

- 3 pounds diced chicken breast