



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Chicken in Mushroom Gravy

Ingredients:

- 1 - 3 pound chicken, cut up and skin removed
(or 3 whole chicken breast halved)
- salt and pepper to taste (optional)
- ¼ cup low sodium chicken broth
- 1 (10¾ ounce) can condensed cream of mushroom soup
- 1 (4-ounce) can sliced mushrooms, drained

Makes 9 servings - 30% calories from fat

Instructions:

1. Place chicken pieces in crock-pot. Season with salt and pepper, if desired.
2. Mix broth and soup, pour over chicken. Add mushrooms.
3. Cover and cook on low 7 to 9 hours or on high for 3 to 4 hours.

Notes:

- Recipes may be doubled for the 5-quart model.
- Chicken Parisienne: Prepare recipe as directed above. Remove cooked chicken pieces to warm serving platter. Stir together 1 cup sour cream and ¼ cup flour. Stir sour cream mixture into mushroom gravy. Heat for 30 minutes on low. Serve sauce over chicken with rice or noodles.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 9	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 400mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 33g	
Vitamin A 2%	• Vitamin C 6%
Calcium 2%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.