

# Creamy Tomato Chicken

Whole chicken breasts baked over noodles in a creamy tomato sauce.

from Keith Constable

time 45 minutes

yield 3 servings



category Chicken

## ingredients

2 servings (~100g) of elbow noodle pasta

3 boneless, skinless chicken breasts

10 3/4 oz cream of chicken soup

6 oz tomato paste

1 cup water

1/4 red pepper, diced

1/8 large sweet onion, diced

1 roma tomato, sliced

1 small zucchini, diced

1 teaspoon minced garlic

olive oil

dried basil

## directions

1. Preheat oven to 400°F. Hot! Hot! Hot!
2. Cook elbow noodles for half the time recommended by pasta's packaging; should not stick to ceiling when ready.
3. Sauté onion, red pepper, and garlic in olive oil over medium heat until partially cooked and browned.
4. Meanwhile, mix chicken soup, tomato paste, and water in a medium-sized bowl; try not to spill, klutz.
5. Mix pasta, sautéed onion and red pepper, zucchini, and sauce in a small casserole dish.
6. Arrange raw chicken breasts over pasta; season with basil and top with tomato slices; lightly spoon sauce over chicken. I said, "lightly!"

7. Bake at 400°F for 25-30 minutes or until chicken reaches a safe internal temperature; don't guess, use a thermo-meter.

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- notes:**
- An 8x8 inch casserole dish or a high-walled 10-inch oven-safe skillet works well.
  - Steps 2, 3, and 4 should be completed simultaneously, as if you have six arms.
  - For best results, remove from oven and stir pasta half way through cook time.
  - Recipe originally designed for thin chicken breasts approximately half-pound each. Thicker breasts may require more time in oven.