
Chicken Cashew

Easy and quick to prepare

This came from a friend in Houston, TX a long time ago. It takes the same amount of time to prepare as it will to cook the rice.

Quantity	Ingredients	Preparation Notes
4	Chicken breasts - skinned and boned	<ul style="list-style-type: none">✿ Cut chicken into bite sized pieces✿ Heat oil in medium skillet, add chicken and cook 5 - 10 minutes until cooked through.
2 Tbsp	Cooking Oil (can use cooking spray)	<ul style="list-style-type: none">✿ Add gravy and water, cook until dissolved and thickened.
1 Bar - 1.5/8 oz	Concentrate for chicken gravy	<ul style="list-style-type: none">✿ Add all other ingredients except cashews
1 Cup	Water	<ul style="list-style-type: none">✿ Cook 5 minutes, stirring occasionally.
2 tsp	Soy Sauce	<ul style="list-style-type: none">✿ Serve over rice and sprinkle with cashews
1 - 4 oz can	Sliced Mushrooms (drained)	Options:
1 med	Onion, thinly sliced	<ul style="list-style-type: none">✿ The gravy concentrate is tough to find so you can also use prepared chicken gravy - low fat is okay. If so, reduce water accordingly.
1 pkg	Frozen peas (about 1 1/2 cups)	<ul style="list-style-type: none">✿ Try adding powdered garlic, dried red pepper and or green pepper.
1/4 Cup	Salted cashews	