

# Creamy Chicken and Shells

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An old family favorite!

- 10 oz shell macaroni
- 2 Tbsp butter
- 2 Tbsp chopped onion
- 1/4 cup flour
- 1 1/2 cups milk
- 1/2 cup sour cream
- 1 oz fresh grated parmesan cheese
- 32 oz chicken broth
- 2 cups shredded cooked chicken

1. Cook shells in chicken broth until broth is almost completely absorbed or until pasta is tender
2. Sauté onion in butter and cook until softened
3. Blend in flour. Stir in milk. Cook and stir until smooth and thickened
4. Add cheese and sour cream.
5. Transfer shells from any remaining broth with slotted spoon into sauce. Add chicken in. Stir together over low

heat a few minutes. If sauce is too thick, add in some of the extra broth if you have any left.

Main Course

Chicken, pasta