



# One-Pan Chicken Alfredo

Prep Time: 30 min  
Cook Time: 30 min  
Makes 7 cups

## INGREDIENTS

- 1 large chicken breast, cubed
- 2 tablespoons oil
- 2 tablespoons flour
- 1  $\frac{3}{4}$  cups chicken broth
- 1  $\frac{3}{4}$  cups milk
- 1 teaspoon garlic powder
- $\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon dried basil
- 3 cups dry penne pasta
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup grated parmesan cheese

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. In a skillet over medium-high heat, brown chicken in oil.
2. Sprinkle flour over chicken and stir for a minute until raw flour has disappeared. Then add broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil, cover, and reduce heat to low. Simmer until pasta is almost tender, stirring occasionally.
4. When the pasta needs to cook for only one or two more minutes, add broccoli. Cover again, and cook until broccoli and pasta are tender.
5. Remove from heat and stir in cheese.