

Chicken Tetrazzini

Easy homemade chicken tetrazzini recipe made with peas. Perfect for the freezer!

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Prep Time: 25 mins Cook Time: 45 mins

Total Time: 1 hour 10 minutes

Yield: 12

Category: Main



ingredients

SCALE

- 8 oz angel hair pasta
- 1/4 Cup butter
- 1/4 Cup flour
- 1 Cup chicken broth
- 1 Cup heavy cream (or half and half or milk)
- 1 1/2 Cup frozen peas
- 2 Cups shredded chicken
- 1/4 Cup parmesan cheese
- 1/4 Cup mozzarella cheese

instructions

1. Cook the chicken and shred it.
2. Boil your noodles until al dente. Set aside.
3. To make the roux (sauce), melt the butter in a large stock pot. Add the flour and make a thick paste, stirring constantly with a whisk. Slowly add the broth and half and half stirring constantly. Bring to a simmer, and let simmer for five minutes or until the sauce thickens.
4. Add the mozzarella cheese.
5. Add salt and pepper to taste.
6. Add the chicken, noodles and frozen peas to the roux. (That is, if you've made the roux in a large pot.)
7. Mix well and add to a 7×11 or square casserole pan that has been sprayed with cooking spray.
8. Top with parmesan cheese.
9. Bake at 350° Fahrenheit for 45 minutes.

notes

Double the recipe to make two pans of the recipe. One is for the oven and one is for the freezer.

If making as a freezer meal you will add the chicken tetrazzini to the casserole pan to the freezer BEFORE baking it. Once thawed, you can then bake as directed above until it's nice and bubbly.

Nutrition Facts

Serving Size 1 Serving
Serves 12

Amount Per Serving

Calories 301

% Daily Value*

Total Fat 18.9g 24%

Cholesterol 72.2mg 24%

Sodium 478mg 21%

Total Carbohydrate 16.6g 6%

Sugars 1.3g

Protein 8.6g 17%

Vitamin A 16% Vitamin C 2%