

## Moody's Quality Meats

### King Ranch Chicken Spaghetti



**Prep Time:** 30 minutes to cook and shred chicken

**Cook Time:** 45-50 minutes in the oven

#### Ingredients:

- Shredded chicken
- 1 lb. spaghetti noodles
- 1/2 red bell pepper (diced)
- 1/2 onion (diced)
- 1 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. chili powder
- 1/4 tsp. cumin
- 1 can cream of mushroom
- 1 can cream of chicken
- 1 10oz. can Rotel
- 2 C. low sodium chicken broth or leftover water from boiling chicken
- 2 C. shredded cheddar cheese

**Step 1:** Boil chicken in large pot (cut into pieces prior to boiling to help boil faster)

**Step 2:** Shred chicken

- the fastest way to shred chicken is with a stand mixer and paddle, you can also use your hands or two forks

- set aside two cups of the water to use in place of chicken broth
- save the rest of the water for boiling spaghetti noodles

**Step 3:** Break noodles into half, and then half again. Boil noodles until al dente then drain water. We like to use the water left in the pot from boiling the chicken. Chop red bell pepper and onion while noodles are boiling

**Step 4:** In a large bowl, mix can of cream of mushroom, can of cream of chicken, 1 ½ C. cheese, and 10 oz. can of Rotel.

**Step 5:** Add in 2 cups of chicken broth or left-over water, plus diced onions, bell peppers and shredded chicken. Continue to stir everything together.

**Step 6:** Stir noodles into mixture...this is an arm workout!

**Step 7:** Sprinkle in seasonings: salt, pepper, chili powder, and cumin. If you are worried about the seasonings, start with smaller amounts and taste test until you get the amount of seasoning you like.

**Step 8:** Spray 9X13 baking dish with cooking spray, spread mixture into dish and cover

**Step 9:** Bake at 350 degrees for 35-45 minutes. Uncover, add 1/2 C. shredded cheese and bake for 3-5 more minutes or until cheese is melted

All Rights Reserved to T.M. Moody's Quality Meats / 2020