

## Chicken Roll-Ups



### Ingredients:

**1 - 1.5 lbs of boneless, skinless chicken breast**

**2 cans of cream of chicken soup**

**1/2 can of chicken broth, and 1/4 - 1/2 cup of milk**

**1 cup of shredded cheddar cheese (or more... add to taste)**

**2 cans of crescent rolls**

### Directions:

- 1. Cut the chicken into small strips, or use breast tenders.**
- 2. Add the chicken to a large pot, and cover with water.**
- 3. boil the chicken for 45 minutes to an hour, or until it is cooked thoroughly.**
- 4. Drain the chicken, and after it cools, shred it (remove any fat that is on it).**
- 5. Wrap some of the chicken in each crescent roll, and place them in a casserole dish (spray the dish with cooking spray first), and sprinkle the remaining chicken evenly in the pan. Set the pan aside.**
- 6. In a medium saucepan, heat the cream of chicken soup, broth, and milk over medium - medium high heat. When it is heated, add the cheese, and stir constantly until it is melted.**
- 7. Pour the mixture over the "chicken roll-ups" in the pan, and bake at 350 degrees for 30 minutes, or until the tops of the rolls are slightly brown.**