Chicken Alfredo Sauce

Chicken Alfredo sauce here means a creamy sauce containing cooked chicken pieces, ready to spoon over separately cooked pasta. Keep cheese off direct high heat and adjust the thickness with measured broth.



Prep	Cook	Additional	Total	Servings
10 min	20 min	0 min	30 min	4

Ingredients

- 1 pound boneless skinless chicken breast / 450 g, diced
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter / 28 g
- 2 garlic cloves / 6 g, minced
- 1 1/2 cups heavy cream / 360 ml
- 3/4 cup finely grated vegetarian Parmesan-style hard cheese / 65 g
- 1/4 cup low-sodium chicken broth / 60 ml, as needed

Instructions

1. Season diced chicken with salt and pepper. Heat oil over medium heat and cook 6 to 8 minutes, checking several large pieces for 165°F (74°C). Remove to a clean plate.

2. Reduce heat and melt butter in the skillet. Stir garlic for 30 seconds.

3. Add cream and gently simmer 3 to 5 minutes until it lightly coats a spoon.

4. Remove from heat and stir in cheese a little at a time. Add broth 1 tablespoon at a time if necessary.

5. Fold cooked chicken into the sauce. Serve over separately cooked pasta; pasta is not included in this ingredient list or yield.

Time, Temperature & Doneness

Check the thickest part of every chicken portion for 165°F (74°C), avoiding bone. For small pieces, test several of the largest. Use a thermometer; surface color and juices are not reliable safety tests. Times are estimates and vary with thickness, equipment and batch size.

Ingredient Notes & Substitutions

Yield: Approximately 3 cups chicken-and-sauce mixture; four topping portions.

Cheese: Finely grate a vegetarian hard cheese.

Broth: Use only enough to loosen.

Tips for Success

Grate cheese before heating cream.

Keep a gentle simmer.

Serve promptly while fluid.

Common Mistakes to Avoid

Adding cold cheese in a single clump.

Using high heat after cheese is added.

Counting uncooked pasta as an included ingredient.

Recipe Variations

Mushrooms: Add 1 cup cooked mushrooms.

No-chicken sauce: Omit chicken; remaining ingredients make a smaller sauce-only batch.

Serving Suggestions

Spoon over cooked pasta, baked potatoes or steamed broccoli; prepare these separately.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not leave a large batch on the counter to cool completely.

Freezing

Best fresh: cream sauces may split and pasta may soften after freezing. If freezing, cool promptly, pack airtight at 0°F (-18°C) and use within 2 months for best quality; thaw in the refrigerator.

Reheating

Warm gently in a covered saucepan with a splash of milk, water or broth, stirring often, until chicken and sauce reach 165°F (74°C). Avoid a prolonged hard boil; separation is a texture issue even when food is safely heated.

Frequently Asked Questions

Does this include pasta?
No; it is a chicken-containing sauce for a separately prepared base.

How can I thin it?
Stir in warm broth a tablespoon at a time.

Can I use milk instead of cream?
Not as a direct substitute; milk needs a different thickening method.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Budget Bytes - cream sauce technique reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill