HOW TO COOK CHICKEN RECIPES

Shredded Chicken Sandwich Recipes

Medium • Prep 15 min • Cook 20 min • Serves 4



INGREDIENTS

- 3 cups (420 g) cooked shredded chicken
- 4 sandwich buns
- 8 oz (227 g) mushrooms, sliced
- 1 tbsp (14 g) unsalted butter
- 1 small onion (100 g), finely diced
- 1 tbsp (8 g) all-purpose flour
- 3/4 cup (180 ml) milk
- 1/4 cup (60 ml) low-sodium chicken broth
- 1/2 tsp (1.5 g) garlic powder
- 1/4 tsp (1.5 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 4 lettuce leaves

METHOD

1. Melt butter in a large skillet over medium heat. Cook mushrooms and onion for 7-9 minutes until the pan is nearly dry.

2. Stir in flour and garlic powder for 1 minute. Gradually stir in milk and broth and simmer 3 minutes until thickened.

3. Add cooked chicken, salt and pepper. Heat 5-7 minutes, stirring, until the filling center reaches 165°F (74°C).

4. Split and toast buns if desired. Add lettuce, divide hot filling among the buns and serve immediately.

DONENESS

Use fully cooked chicken. Heat the center of the combined chicken filling or sauce to 165°F (74°C), checking more than one spot and stirring to eliminate cold pockets.

TIPS & MISTAKES

Cook off mushroom moisture.
Keep filling thick rather than soupy.
Assemble just before eating.
Avoid: Using raw chicken.; Adding milk all at once without stirring.; Storing filled buns while the filling is hot.

VARIATIONS

Cheese: add 1/2 cup vegetarian Cheddar to the sauce.
Herb: add 1 tbsp chopped parsley.
Pepper: replace mushrooms with 1 cup diced cooked bell pepper.

SERVE, STORE & REHEAT

Serve with raw vegetable sticks or a simple salad. Refrigerate in shallow containers within 2 hours (1 hour above 90°F/32°C), at 40°F/4°C or colder, for 3-4 days; count any earlier storage time. Freeze chicken and sauce up to 2 months; thaw in the refrigerator. Reheat gently with a splash of broth until the center reaches 165°F/74°C.

Use a food thermometer; cooking times vary with thickness and equipment.