

Making Mealtime Quality Family Time

(NAPSA)—Kids today are busier than ever which can make planning quality family time a real challenge. Extra-curricular activities and long work hours extend time away from home, which makes it more difficult for moms to gather everyone around the dinner table for a relaxing, wholesome meal.

Preparing meals together is a great way to spend quality time with your children. It offers an opportunity to interact and share news about your day while working towards a common goal. Cooking together can also help build special memories that will last a lifetime. When you cook with Campbell's® Soup you can create home-cooked, wholesome meals that are quick and simple enough for your kids to help prepare. *Campbell's® 2-Step Creamy Chicken and Pasta* is a delicious dish that will satisfy the entire family. Made with *Campbell's* Cream of Chicken Soup in just twenty minutes and two basic steps, it leaves plenty of time to catch up on your child's news of the day.

Here are some additional ways to involve children in mealtime.

- Have them pull together and measure ingredients, as well as wash and dry vegetables.
- Encourage them to help you set the table.
- Take this opportunity to teach appropriate table settings.
- Make it a priority to sit down at the table as a family, and for everyone to pitch in with clean up when the meal is finished.

Everyone will derive a sense of satisfaction from this quick and tasty meal. And most importantly, you will be surprised at what little effort it takes to enjoy uninterrupted quality time together as a family.



Campbell's 2-Step Creamy Chicken and Pasta.

For additional cooking tips and recipes from the Campbell's Kitchens, visit Campbell's Community on the Internet at www.campbellsoup.com. At the site, sign up for Campbell's Meal-mail for daily or weekly recipes sent directly to you via email.

Campbell's® 2-Step Creamy Chicken and Pasta

Prep/Cook Time: 20 min.

- 1 tbsp. vegetable oil
- 1 lb. boneless chicken breasts, cut up
- 1 bag (16 oz.) zesty garlic frozen vegetable pasta blend
- 1 can (10¾ oz.) Campbell's® Cream of Chicken or 98% Fat Free Cream of Chicken Soup
- ½ cup water

HEAT oil in skillet. Add chicken and cook until browned, stirring often.

ADD vegetable pasta blend, soup and water. Heat to a boil. Cover and cook over low heat 10 min. Serves 4.