



Chicken and Rice Skillet

A serving of chicken and rice with broccoli.

Serving Size - Serves 4

Ingredients

- 1 ¼ pounds skinless, boneless chicken breasts
- 1 Tablespoon vegetable oil
- 1 can condensed cream of chicken soup
- 1 ½ cups water
- ¼ teaspoon paprika
- ¼ teaspoon of black pepper
- 2 cups of uncooked instant rice
- 2 cups of fresh or frozen broccoli florets

Instructions

1. Season the chicken as desired. Heat oil in a 12-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.
2. Stir the soup, water, paprika and black pepper in the skillet and heat to a boil. Stir in the rice and broccoli. Reduce the heat to low. Return the chicken to the skillet. Sprinkle the chicken with additional paprika. Cover and cook for 5 minutes or until the chicken is cooked through. Season to taste.



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