

CHICKEN & RICE

UTENSILS: JUMBO SKILLET (or Large Skillet; may need to reduce recipe), Medium Mixing Bowl

INGREDIENTS:

12 – 15 Frozen Chicken Tenders

½ Cup Frozen Carrots

2 Cans Cream of Mushroom Soup

½ Packet Lipton Onion Soup Mix

2 Can Cream of Chicken Soup

2 Cups Instant White Rice, uncooked

½ Cup Frozen Peas

Salt & Pepper to taste

COOKING DIRECTIONS

Pre-heat JUMBO SKILLET on Medium High heat. Place frozen chicken tenders in skillet, season, and cover, whistle open. In a medium mixing bowl, combine soups, peas, carrots, soup mix, & rice; set aside. When the whistle sounds, remove the lid, flip the chicken tenders and pour the soup mixture over the top of the chicken. Replace the lid, whistle open and cook until the whistle sounds again; reduce heat to low and close the whistle. Allow to cook 15 more minutes or until rice is cooked. Serve and enjoy!

