

# All-In-One Chicken Rice Bake

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## Servings: 4

*1 can cream of mushroom soup*

*1 cup liquid (any combination of water, vermouth, wine)*

*3/4 cup uncooked rice*

*1/4 teaspoon paprika*

*1/4 teaspoon pepper*

*garlic powder (optional)*

*soy sauce (optional)*

*4 boneless/ skinless chicken breast halves*

Preheat the oven to 375 degrees.

In a bowl, combine the soup, liquid, rice, paprika and pepper. Place in a shallow two-quart baking dish.

Place the chicken on top of the rice mixture. Sprinkle with additional paprika and pepper. (a dash or two of garlic powder or soy sauce can be a tasty addition). Cover the dish.

Bake for 45 minutes.

(A nice salad of Romaine lettuce with sliced mushrooms, grapefruit or orange wedges with a light Italian dressing and some crusty buttered bread make a tasty meal.)

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Per Serving (excluding unknown items): 282 Calories; 16g Fat (51.4% calories from fat); 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 349mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Fat.