

Chicken Loaf Arizona

Bettie Thompson - Phoenix, AZ
Treasure Classics - National LP Gas Association - 1985

Yield: 4 to 6 servings

*4 to 5 pound chicken,
cooked tender, cut in small
pieces*

*2 cups Cheerios®, mashed
fine*

2 cups cooked rice

1 teaspoon salt

1/2 teaspoon paprika

*3/4 quart of liquid (1/2 milk
and 1/2 broth)*

*4 to 5 hard-boiled eggs,
chopped*

*1 can (4-1/2 ounce) button
mushrooms.*

Preparation Time: 1 hour**Bake Time: 1 hour**

Preheat the oven to 325 degrees.

Add to a large bowl in the order given: chicken, Cheerios, rice, salt, paprika, broth/milk liquid and eggs. Mix well. Turn the mixture into a loaf pan.

Place the loaf pan in a larger pan of water. Place the pan into the oven. Bake until set when tested with a silver knife, approximately 45 minutes to one hour

With the remaining broth, make a gravy and add the mushrooms. Serve the gravy over the chicken.

Per Serving (excluding unknown items): 1012 Calories; 26g Fat (23.1% calories from fat); 42g Protein; 152g Carbohydrate; 7g Dietary Fiber; 848mg Cholesterol; 2956mg Sodium. Exchanges: 9 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Fat.