

Chicken and Rice Casserole

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 5 hours

Flavor can be made richer by substituting chicken broth for the water.

1 pound boneless/ skinless chicken thighs, each cut into four pieces

1 can (10 3/4 oz) condensed cream of chicken soup, undiluted

1 jar (4.5 oz) sliced mushrooms, undrained

1/2 cup water

1 1/2 cups frozen sweet peas, thawed

1 1/2 cups uncooked instant white rice

salt (to taste)

pepper (to taste)

Place the chicken in the bowl of a 3 to 4 quart slow cooker. Top with the soup, mushrooms and water. Stir gently to mix and spread evenly over the chicken.

Cover and cook on LOW for 4 1/2 hours to 5 1/2 hours.

15 minutes prior to serving, stir the peas and rice into the chicken mixture. Add salt and pepper to taste.

Replace cover and cook for 10 to 15 minutes longer or until the rice is tender.

Per Serving (excluding unknown items): 63 Calories; 4g Fat (52.9% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 495mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1 Fat.