

Chicken and Rice Dinner

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Totland College Nursery School - Braintree, MA (1978)

Servings: 4

*1 can cream of mushroom
soup*

1 can water

3/4 cup uncooked rice

1 can (4 ounce)

mushrooms, undrained

1 envelope onion soup mix

2 chicken breasts, halved

Preheat the oven to 350 degrees.

In a bowl, mix the soup and milk. Reserve 1/2 cup of the mixture.

In a bowl, combine the remaining soup mixture, rice, 1/2 the onion soup mix and the mushrooms with their liquid.

Pour the mixture into an ungreased baking dish. Place the chicken breasts on the top of the mixture. Pour the reserved soup mixture over the chicken. Top with the remaining onion soup mix. Cover with foil.

Bake for one hour covered. Remove the foil.

Bake an additional 15 minutes.

Per Serving (excluding unknown items): 312 Calories; 16g Fat (47.9% calories from fat); 32g Protein; 8g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 1225mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.