

No Peek Chicken

Barb Thompson

Totland College Nursery School - Braintree, MA (1978)

*1 box Uncle Ben's long
grain and wild rice with
herbs
1 can cream of mushroom
soup
1 can cream of celery soup
1 can cold water
1 teaspoon parsley
dash curry powder
6 to 8 pieces chicken
1 package onion soup mix*

Preheat the oven to 350 degrees.

Lightly grease a large casserole dish.

In a bowl, mix the rice, cream of mushroom soup, cream of celery soup, cold water, parsley and curry powder. Turn the mixture into the casserole dish. Place the chicken on top. Sprinkle the chicken with the onion soup. Cover with foil.

Bake for two hours and 30 minutes. Don't peek.

Per Serving (excluding unknown items): 19620 Calories; 1417g Fat (66.5% calories from fat); 1556g Protein; 47g Carbohydrate; 5g Dietary Fiber; 8168mg Cholesterol; 11730mg Sodium. Exchanges: 2 Grain(Starch); 217 1/2 Lean Meat; 1 1/2 Vegetable; 148 Fat.