

Smothered Chicken with Rice

12 Servings

Ingredients:

2 1/2 cups water
1 cup rice
2 1/4 lb. chicken breast fillets (skin and fat removed)
1/8 tsp. pepper
1 (10 3/4 oz.) Campbell's Healthy Request cream of chicken soup
1/2 cup canned sliced or broken mushrooms
2 tbsp. parsley flakes
1 tsp. lemon juice
1 tbsp. reduced-sodium soy sauce
1 1/2 Tbsp. cornstarch
1/4 cup cold water
Parsley (to garnish)

Directions:

1. Bring 2 cups water to boil and add rice.
2. Simmer covered until all water is evaporated, about 20 minutes.
3. Cut chicken into bite-size pieces. Season with pepper and place in large baking dish.
4. Combine remaining ingredients except cornstarch and cold water. Pour over chicken.
5. Cover baking dish with foil and bake at 350 degrees until tender, about 1 1/2 hours.
6. Remove foil. Drain gravy and return chicken to oven for a few minutes.
7. Dissolve cornstarch in cold water and add to gravy.
8. Mix half of gravy with rice. Place rice on large serving platter and top with chicken.
9. Garnish with fresh parsley. Serve remaining gravy in gravy boat.

Nutritional Facts:

Calories: 212
Carbohydrate: 25grams
Fat: 3 grams
Sodium: 258 mg
Protein: 26 grams

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