

thrifty chicken with broccoli

Serves: 4

Prep and Cook time: 30 min

Per serving: 641 calories, 21 g fat, 767 mg sodium

1 can (14 oz) chicken broth

1 TBS vegetable oil

1 can (10 3/4 oz)

1 1/3 cups long-grain rice

1 large onion (1 cup chopped)

cream of chicken soup

1 pound skinless, boneless chicken, fresh or frozen

1/4 tsp black pepper

1/2 cup shredded

1 clove fresh garlic, minced, or 1 tsp bottled minced garlic

Cheddar or Swiss cheese

1 bag (16 oz) frozen broccoli pieces

1. Pour 3/4 cup of broth and 2 cups water into a covered medium sized saucepan and bring to a boil over high heat. Add the rice, stir, and reduce heat to low. Cover the pan and simmer until the rice is tender, about 20 minutes for white rice or 30 minutes for brown rice.
2. Meanwhile, if the chicken is frozen, run it under hot water so you can remove the packaging. Place the chicken on a microwave safe plate and microwave, uncovered, on high power for 3 minutes to partially defrost.
3. While the chicken defrosts, heat the oil in an extra deep 12 inch skillet over medium heat. Peel and coarsely chop the onion and add it to the pan. Cut the chicken (fresh or defrosted) into bite-size pieces and add them to the skillet. Sprinkle the black pepper over the chicken and cook, stirring often. While the chicken cooks, add the garlic to the skillet.
4. When chicken is no longer pink in the center, after 5 to 6 minutes, add the cream of chicken soup and the remaining 1 1/4 cups broth to the skillet. Sprinkle the broccoli pieces evenly over the ingredients. Cover the skillet and cook until heated through, about 3 minutes.
5. Sprinkle the cheese evenly over the mixture and reduce the heat to low. Cook, covered, until the cheese melts, 1 to 2 minutes. Serve the chicken and sauce over the hot rice.

