

# Easy Chicken & Rice Casserole

Makes 4 servings

## Ingredients

- 4 medium sized boneless, skinless chicken breasts
- 1 10.5oz can Reduced Fat Condensed Cream of Mushroom Soup
- 1 1/2 cups water
- 1 cup uncooked white rice
  
- 1/4 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper

## Directions

1. Preheat oven to 375F.
2. Stir soup, water, rice, salt and garlic powder in 11x8 casserole baking dish.
3. Season chicken breasts with pepper and paprika.
4. Place chicken breast on rice mixture and cover with aluminum foil.
5. Bake for 45-60 minutes, stirring rice occasionally.

## Tips

- Swap Regular Condensed Soup for a higher calorie meal.
- Buffalo Style+higher calorie meal: add 1 packet Ranch mix, 1/2 cup shredded cheddar, and 1-2 tbsp hot sauce to rice mixture. Top with 1/2 cup shredded cheese and let melt.



**Per Serving:**  
Calories-460calories  
Protein-41g



Serve with microwave steam bag of your **choice** of veggies for a complete meal.

