

Chicken

Sunday Chicken-Rice Bake

Better Homes & Garden All-Time Favorite Casserole Recipes

Servings: 4

1 can (10 1/4 oz) condensed Cream of Mushroom soup

1 cup milk

1 envelope onion soup mix

1 can (3 oz) chopped mushrooms

1 cup regular rice

1 pkg (10 oz) frozen peas and carrots, thawed

2 pounds chicken tenders

Preheat oven to 375 degrees.

In a bowl, stir together mushroom soup, milk, dry onion soup mix and undrained mushrooms. Reserve 1/2 cup of the soup mixture and set aside. Stir uncooked rice and thawed vegetables into remaining soup mixture.

Turn rice mixture into a 12x7x2-inch baking dish; arrange chicken tenders on top. Pour reserved soup mixture over chicken. Sprinkle chicken pieces with paprika. Cover tightly with foil. Bake until rice is tender, about 1 1/4 to 1 1/2 hours.

Per Serving (excluding unknown items): 384 Calories; 10g Fat (23.9% calories from fat); 56g Protein; 18g Carbohydrate; 2g Dietary Fiber; 122mg Cholesterol; 1934mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.