

CHICKEN AND RICE

When I think of comfort foods, this recipe is always very near the top of the list. It's easy to make, makes the house smell wonderful, and turns out perfect every time. I originally got this recipe from my Mom, and made a few changes and additions to the spices, but otherwise remain the same.

3-4 lbs cut up Chicken

2 cans Cream Of (_____) Soup. The original recipe calls for cream of mushroom and cream of celery. I like cream of mushroom with roasted garlic, and a can of cream of chicken. The beauty is, you can use whatever is in your cupboard and it'll turn out fine!

1 cup Milk

2 1/4 cup uncooked Long Grain Rice

1/4 teaspoon Garlic Powder

1/4 teaspoon Sage

1/4 teaspoon Thyme

1 teaspoon Salt

1/4 teaspoon Pepper

1 envelope Lipton Onion Soup Mix (or other soup of your choice. I like the Garlic and Herb Soup Mix, but once again, you can't go wrong!)

In a large mixing bowl, combine the cans of soup and the milk. Mix together, and then add the spices and the rice, and half of your dry soup mix. Mix well, and pour into a greased 9 X 13 baking pan. Trim excess skin and fat from the chicken and arrange on top of the rice. Do not remove all of the skin, because some of that fat is necessary to get such a great flavor in the rice. Sprinkle the top of the chicken with the remainder of your soup mix. Cover tightly with the lid or heavy-duty foil, and place in 350-degree oven for 2 hours.

Rice mix: 180 cal/cup

Chicken: 30 cal/oz.