

Betty's Chicken Breasts with Wild Rice Skillet Recipe



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In this video, Betty demonstrates how to make nutritious and Hearty Chicken and Wild Rice Skillet. It is quick and easy to make, with chicken breasts, packaged fast-cooking rice mixture, and some cream of mushroom soup. It looks elegant, and it is very tasty!

Ingredients:

- 1 1/3 cups milk
- 10 3/4-oz. can condensed cream of mushroom soup (You may use any cream soup.)
- 6-oz. package fast-cooking long grain and wild rice (including the seasoning packet)
- 4 boneless, skinless chicken breast halves, cleaned of any excess fat and gristle
- 1 tablespoon peanut oil

In a medium saucepan, combine 1 1/3 cups milk, a 10 3/4-oz. can cream of mushroom soup, and a 6-oz. long grain and wild rice mix, with seasoning packet. Stir until all ingredients are well-mixed. Set aside. Place 1 tablespoon peanut oil in a medium to large skillet, and heat over medium-high heat. Place 4 chicken breasts halves in the hot peanut oil and cook for 5 minutes on each side. Temporarily remove browned chicken breasts to a plate with paper toweling while you pour off excess fat from skillet. Return the chicken breasts to the skillet, and pour the rice mixture over them. Bring to a boil. Cover, and reduce heat to low. Simmer for about 15 minutes, or until chicken is done and liquid is absorbed. This is a wholesome entrée, made in a healthy way. You can serve it with a green salad and some breadsticks for a fantastic meal! I hope you enjoy the recipe!

--Betty ☐