

## **Stovetop Chicken and Rice**

2 lbs. boneless, skinless chicken breast, trimmed

1 medium yellow onion, chopped

4-5 cloves garlic, chopped

1-2 teaspoons Mrs. Dash

1-2 teaspoons salt-free garlic butter seasoning

22.6 ounce can "Healthy Request" Cream of Chicken Soup

2 cups brown jasmine rice

1 lb. broccoli florets

½ lb. sliced fresh mushrooms

3-4 cups water or no salt added chicken broth

Over medium-high heat saute' chicken breasts until they start to brown. Add chopped onion and continue to cook until onions are softened. Add garlic and seasonings, cook 1-2 minutes. Stir in rice and soup, mix well and bring to a low boil. Cover and continue cooking 15 minutes, stirring occasionally to prevent sticking to the pan. Add additional water or no salt added chicken broth as needed. Add broccoli and cook 3-5 minutes, then add mushrooms. Season to taste with salt and pepper.