

# Cheesy Chicken

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Cooking time:

21 minutes

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>9</b>	<b>4</b>
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<b>Rice, long</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Water</b>	<b>cups</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>

3 Add to bowl & Microway for 3 minutes on high

15 Microway for 15 minutes on 1/2 power

Drain water

<b>Chicken Breasts</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Soup, Cream Chicken</b>	<b>can</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Vegatables, frozen</b>	<b>diced</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Beans, green frozen</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Cheese, Jack</b>	<b>shredded</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Onion, chopped</b>		<b>cups</b>	<b>1</b>	<b>1</b>	<b>1/2</b>	<b>1/4</b>

Add to bowl &, Mix

3 Microwave until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months