

# Chicken & Long Rice

[To go back to INDEX - Click INDEX tab](#)

Cooking time:

cups

16 minutes

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>9</b>	<b>4</b>
---------------	-------------	-----------	-----------	----------	----------

4.3

<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>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

1.0

5 Add to bowl & Microway for 5 minutes on high

8 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>Mushroom</b>	<b>can</b>	<b>cups</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	<b>1/4</b>
<b>Vegatables, frozen</b>	<b>diced</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Broth, vegetable</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Celery, sliced</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>

1.0

0.3

1.0

0.5

0.5

3 Add to bowl & Mix

Microwave until heated - about 3 minutes

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