

# Rice & Chicken

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Cooking time (minutes):

21 Microwave

cups

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>9</b>	<b>4</b>
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4.4

<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

3

Add to bowl & Microwave for 3 minutes on high

15

Microwave 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>Broth, chicken</b>		<b>cups</b>	<b>3</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Olives, black</b>	<b>chopped</b>	<b>cups</b>	<b>1/2</b>	<b>3/8</b>	<b>1/4</b>	<b>1/8</b>
<b>Onion</b>	<b>chopped</b>	<b>cups</b>	<b>3</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Cream</b>		<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Flour</b>		<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Eggs, hard boiled</b>	<b>chopped</b>	<b>#</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Celery</b>	<b>spice</b>	<b>teasp</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Pepper, black</b>	<b>spice</b>	<b>teasp</b>	<b>1/2</b>	<b>3/8</b>	<b>1/4</b>	<b>1/8</b>
<b>Salt</b>	<b>spice</b>	<b>teasp</b>	<b>1/2</b>	<b>3/8</b>	<b>1/4</b>	<b>1/8</b>

1.0

0.5

0.1

0.5

1.0

0.3

3

Add to bowl & Mix

Microwave until heated - about 3 minutes

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