

Broccolik-Rice Chicken

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

Cooking time (minutes):

23 Microwave

Yield:	cups	16	12	9	4
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cups

4.4

Rice	cups	4	3	2	1
Water	cups	8	6	4	2

1.9

5 Add to bowl & Microway for 5 minutes on high

15 Microway for 15 minutes on 1/2 power

Drain water

Chicken Breasts	can	cups	4	3	2	1
Broth, chicken		cups	3	1 1/2	1	1/2
Vegatables, frozen	diced	cups	3	1 1/2	1	1/2
Broccoli, frozen		cups	3	1 1/2	1	1/2

1.0

0.5

0.5

0.5

3 Add to bowl, Microway for 3 minutes

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