

Leek Rice Chicken

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Cooking time:

21 minutes

cups

Yield:	cups	16	12	8	4
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Rice, brown	cups	2 3/4	1 1/2
Water	cups	4 3	2 1

Add to bowl & Microway for 3 minutes on high

Microway for 15 minutes on 1/2 power

Drain water

Chicken Breasts	can	cups	4	3	2	1
Leek Soup powder	*	ozs	4	3	2	1
Vegetables, frozen	diced	cups	4	3	2	1
Milk		cups	4	3	2	1
Dill Weed	spice	teasp	1	3/4	1/2	1/4

Add to bowl & Mix

Cook until heated - about 3 minutes

Sour Cream	cups	1 3/4	1/2	1/4
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Add to wok & Mix

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

[* NOTE: Leek soup powder on the web](#)