

## **Chicken and Rice with Mushroom Sauce**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 7 -8 hours on low or 5 – 6 hours on medium

Serves: 4-5

**CChints:** Boneless, skinless chicken thighs are the best choice for this recipe because they will not dry out like chicken breasts. After a long day at work you only need to make the rice and a side dish and you are ready for an over-the-top dinner. Always cook with a wine that you would also drink.



1-1/2 to 2 pounds boneless, skinless chicken thighs

Dash of salt and pepper

1 stalk of celery, diced

Half of a medium yellow or white onion, diced

10 ounce can of Cream of Mushroom soup

Half of an 8 ounce package of 1/3 less fat cream cheese, softened

1/4 cup fat free Italian dressing

1/3 cup dry white wine

1/2 teaspoon dried Italian seasoning

6.7 ounce box Uncle Ben's® Whole Grain & Mushroom Recipe rice

Your favorite side vegetable, broccoli, green beans, asparagus, etc.

To save yourself some time, you will want to prep the chicken the night before. Open the package of chicken and cut off the excess fat. Rinse them and put in a clean, sealable, plastic bag, refrigerated until you need it in the morning. If you are doing this prep work in the morning, you can put the chicken directly into the bottom of your slow cooker and sprinkle lightly with salt and pepper. Wash any utensils and the work surface that came in contact with the raw chicken.

Add the celery and onions on top of the chicken. In a large mixing bowl, combine the soup through Italian seasoning. Use a whisk to blend and try to get out most of the lumps in the cream cheese. Gently stir in the mushrooms and pour the mixture over the chicken.

Cover and put the temperature on the setting you need for your desired cooking time...low for 7-8 hours or medium for 5-6 hours. Thirty minutes before you are ready to eat, you want to prepare your rice according to package directions. This could take 5 minutes or 25 minutes. During this time, make your side dish, set the table and get ready for a lovely meal.

To serve, put a serving of rice on each plate. Top with a piece or two of chicken and ladle the mushroom sauce over both. Add your side vegetable and enjoy.