

# One Pan Chicken Dinner

## Ingredients:

Raw, boneless chicken (tenders, thighs, etc..)

2 cups instant Rice

1 bag frozen Vegetables

Variations of seasonings, sour cream or diced tomatoes.

## Preparation:

Place chicken in large skillet, cover and cook over medium heat (350 if using EOC).

Once the vapo-valve clicks, turn the chicken and continue cooking for 3-5 mins.

Place rice on top of chicken with 4 c of water. Add veggies and seasonings.

Cover and cook over medium heat until the vapo-valve clicks. Then, reduce heat to low and cook for 20 mins. <If using the EOC, set the probe to RIC1 and allow to run cycle.>



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