

Chicken and Rice

Submitted By: Rebecca Phillips Time: 5 hours

Instructions

1. Put two large chicken breast in a crock-pot with half of a packet of ranch dressing seasoning.
2. Cook for 4 hours on low.
3. Saute vegetables of choice (bell peppers, zucchini, squash, broccoli).
4. Cook brown rice in a rice cooker or stove top.
5. Combine 1 cup of veggies, 3/4 cup of rice, and 3 oz of chicken.

Notes:

Ingredients

Chicken Breast

Vegetable of choice

Brown Rice

Ranch Dressing Seasoning