

Creamy Chicken and Rice

Ingredients

- 3-4 boneless, skinless chicken breasts, cubed if desired
- 10³/₄ oz can low fat cream of chicken soup
- 14 oz can low sodium chicken broth
- ½ cup onion, chopped
- 3 cups long grain rice, uncooked (not minute rice) 3 cups water
- Salt and pepper to taste



Directions

1. Put all ingredients in slow cooker and mix together gently.
2. Cover and cook on LOW for 4-6 hours, until chicken is cooked through and rice is soft.
3. Cut chicken into cubes or shred before serving.