

Chicken Rice Casserole RECIPE

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<?xml version="1.0"?>

TIME

7 min

INGREDIENTS

4 items

MAKES

4 servings

Short on time but long for a hearty meal? This easy-to-prepare chicken and rice recipe never tasted so satisfying.

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INGREDIENTS

- 1 pouch Ben's Original™ Ready Rice™ Long Grain White
- 1 10.5-ounce can low sodium cream of chicken condensed soup
- 2 cups frozen peas
- 1 12.5-ounce can chicken breast meat, canned in water, drained

INSTRUCTIONS

1. Combine all ingredients in microwave safe dish and mix well.
2. Cover, microwave 4 minutes. Stir well and serve.

Nutrition:

- CALORIES: 290
- TOTAL FAT: 11g - 14%
- SATURATED FAT: 2g - 10%
- TRANS FAT: 0g
- SODIUM: 520mg - 23%
- CARBOHYDRATES: 29g - 11%
- DIETARY FIBER: 4g - 14%
- SUGARS: 1g
- PROTEIN: 19g

Categories:

[Chicken](#), [5-15 min](#), [Ready Rice](#), [Microwave](#), [Bake](#), [Family-Friendly](#), [White](#)

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