

## Chicken and Rice Skillet Dinner

4 cooked chicken thighs, skin and bones removed and sliced or chunked **OR** 4 small uncooked chicken breasts sliced in strips

1 medium peeled, chopped onion

1-2 tablespoons oil

1 clove garlic, chopped

1 medium (100 grams) red pepper, sliced thin

1 cup (70 grams) sliced mushrooms

2 cups (240 grams) frozen broccoli florets, rinsed but don't defrost

1 cup (185 grams) basmati rice

2 cups (473 ml) water with a tablespoon chicken soup powder or chicken stock

Salt and pepper to taste

Directions:

In a skillet or heavy pan with a lid, put oil in to heat and saute your chopped onion till medium brown (not too dark). Add sliced red pepper and garlic and cook about a minute, then add (if using raw chicken) the chicken strips and cook a minute or two, then mushrooms and broccoli and stir a bit in pan. If using cooked chicken, add now. Pour in rice and water with soup powder or the stock, stir well and cover with lid. Cook the whole mixture for 18-20 minutes till rice is tender. Let sit an additional 5 minutes on burner with flame turned off. Serve hot.