



Chicken and creamed rice Dairy Free

3 lbs Boneless Chicken Breast
2 cups of long grain white rice (Do not use Jasmine)
4 Cups Water.
1 T GF soy sauce

Put chicken in 9 X 13 pan cover and cook at 350

Put rice and water in pan. Bring to a boil, reduce heat, cover and simmer for 20 min.

Next fix creamed soup stir into rice and soy sauce.. Take chicken out of pan and place on plate. Put in rice mixture in 9 X 13 pan and top with partially cooked chicken cook uncovered for 10 to 20 minutes more in the oven.

Dairy Free Condensed Cream Soup

4 T oil
6 T cornstarch
2 C Rice Milk
2 cup chicken broth
Salt and pepper to taste
¼ t onion powder, garlic powder, parsley

Dissolve cornstarch in small amount of cold milk

Heat milk oil, spices and chicken broth. Bring to a boil and add cornstarch mixture

Stir until thickened