



Chicken & Rice

(Inspired by Taste of Home Everyday Slow Cooker & One Dish Recipes)

Serves 6

2 to 3 lbs Boneless skinless Chicken Breast
1/2 cup GF flour blend
1 teaspoon salt
1/2 teaspoon pepper
Canola Oil
1 1/2 cup long grain rice
1 1/2 teaspoon minced garlic
1 small onion diced
3 packets Herb Ox Sodium Free Instant chicken broth
3 Cups boiling water

Place gluten free flour and seasoning in gallon ziploc bag and mix well. Heat Oil in skillet Add chicken breast one at a time and shake to coat. Then brown in hot oil. Grease a 9X13 glass dish. place rice and garlic and diced onion in dish. Mix broth packets in boiling water and pour over rice. Top with the browned chicken and cover. Cook at 350 for 1 hour.

<http://www.lincolntent.com/GFCF-Poultry.html>