

North End Skillet

A Wheat and dairy free stove top chicken recipe
Early Prep Version

2 lbs Boneless chicken breast cut into pieces
1 pkg Onion soup mix (wheat and dairy free)
1/4 cup oil
1/2 cup water
1 Tablespoon lemon juice
1/4 cayenne pepper
2 teaspoon Italian seasoning
1 teaspoon garlic powder
3 cups of water
1 1/2 cup rice

Mix oil, 1/2 cup water, and spices with onion soup mix in large pan. Heat. Add chicken and brown. Then add rice and water bring to a boil reduce heat and cover. Let it simmer for 20 to 25 minutes.



- Early Prep Version

Mix oil, 1/2 cup water, and spices with onion soup mix in large pan. Heat. Add chicken and brown. Put in a freezer bag.

- Day of

To fix thaw chicken mixture and place in pan or skillet.

Then add rice and water bring to a boil reduce heat and cover. Let it simmer for 20 to 25 minutes.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>