

Country Chicken Supper



PREPARATION TIME
15 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
corn bread



Don't be swayed by fancy labeling or advertising—check out store-brand canned goods.

You can save up to 50 percent of your purchasing dollars with these products.

SHOPPING LIST

- chicken breasts • potato
- Cheddar cheese • rice
- canned green beans • canned tomatoes • canned carrots

ON HAND

- salt • oil • onion • pepper

INGREDIENTS

- 3 skinless, boneless chicken breasts (4 ounces each)
- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 1 (14-ounce) can French-style green beans
- 1 (14-ounce) can chopped canned tomatoes
- 1 (14-ounce) can sliced carrots
- 1 large potato cut into 3/4-inch cubes
- 1 cup uncooked rice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup water
- 1/2 cup finely shredded Cheddar cheese

SERVES 6

COOKIN' Express

• Speed cooking by using cubed canned potatoes and instant rice. Add the potatoes and rice to skillet; bring to a boil and remove from heat. Let stand, covered, for 5 minutes. Proceed as recipe directs.

Make Ahead

Cut chicken into bite-size pieces; wrap and store in the freezer. Only partial thawing is required before adding the chicken to the skillet.

♦ VARIATION

For an unbeatable Southwestern flavor, substitute black beans for the green beans and corn for the carrots

1 Cut chicken into bite-size pieces. Heat oil in a large skillet over medium heat; add chicken and onion. Sauté for about 3 minutes.



2 Add green beans, undrained tomatoes, carrots, potato, rice, salt and pepper to skillet; mix gently.

3 Pour water over top of chicken mixture. Cook, covered, over medium-low heat, stirring occasionally, for 20 minutes or until potatoes and rice are tender.



4 Sprinkle chicken mixture with Cheddar. Let stand, covered, for 5 minutes.