



Creamy Alfredo Rice Bowl

A quick, comforting meal using pantry staples

Serves: 4–6

Prep Time: 10 minutes

Cook Time: 25–30 minutes



Ingredients:

- 1 box **Alfredo Chicken Helper**
- 1 cup **brown rice** (cooked)
- 1 can **chicken breast**, drained
- 1 can **sweet peas**, drained
- ½ cup **shelf-stable yogurt** (vanilla or plain preferred)
- 1½ cups **water**
- 1 cup **shelf-stable milk** (or water if milk is unavailable)
- Optional: **salt & pepper** to taste



Instructions:

1. Cook the Alfredo Chicken Helper

In a large skillet, combine the pasta from the box with 1½ cups water and 1 cup shelf-stable milk. Add the seasoning packet. Bring to a boil, then reduce heat and simmer for 10–12 minutes, stirring occasionally until pasta is tender.

2. Add the Peas

Stir in the drained sweet peas during the last 3 minutes of cooking to heat through.

3. Mix in the Rice

Fold in 1 cup of cooked brown rice. Stir gently to combine and warm evenly.

4. Serve Warm

Spoon into bowls and enjoy! Great on its own or paired with a corn muffin or applesauce.