

Chicken & Rice Skillet

Simple, hearty, and made entirely from pantry staples.

Serves: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 1 (12.5 oz) can chicken breast, drained and flaked
- 1 cup cooked brown rice
- 1 (15 oz) can mixed vegetables, drained
- 1 Tbsp onion soup mix
- ½ cup water (optional, for moisture)

Instructions:

1. In a large skillet over medium heat, add canned chicken and break it up with a spoon.
2. Stir in cooked brown rice and mixed vegetables.
3. Sprinkle onion soup mix over the mixture and stir well to combine.
4. Add ½ cup water if needed to prevent sticking and create a light sauce.
5. Cover and simmer for 10–15 minutes, stirring occasionally, until heated through and flavors are blended.
6. Taste and adjust seasoning if desired.



Serving Suggestion:

Serve warm with **corn muffins** from the pantry for a comforting, complete meal.
Optional: Add a dash of pepper or hot sauce for extra flavor!