



Arkansas Aroma 22

Chicken & Rice

UofA **DIVISION OF AGRICULTURE**
RESEARCH & EXTENSION
University of Arkansas System



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Arkansas Aroma 22 *Chicken & Rice*

- 1 large onion
- 4 stalks celery
- 1 red bell pepper
- 2 large carrots
- 2 Tbsp. olive oil
- 1 lb. boneless, skinless chicken breasts
- 2 c. Aroma 22 rice
- 2 cloves minced garlic
- 1 tsp. salt
- ¼ tsp. black pepper
- 1 tsp. fresh thyme
- 1 c. water
- 3 c. low-sodium chicken broth
- ⅓ c. chopped parsley
- ½ c. grated Parmesan cheese



Dice onion, celery, and red bell pepper. Grate carrots on the largest setting of a box grater. Cut chicken breast into bite size pieces. Rinse rice and set aside.

Sauté onion, celery, red bell pepper and garlic with oil in a 6-quart electric pressure cooker set on high heat for 5 minutes. Add chicken and stir until it lightly browns. Add salt, pepper, thyme, chicken broth, and water. Mix in rice and stir. Place lid on cooker. Cook on manual high pressure for 10 minutes, then quick release remaining pressure. Open lid and stir in the parmesan cheese and chopped parsley.

Makes 8 servings. Calories 310, Fat 7g, Protein 20g, Carbohydrate 42g, Fiber 3g, Sodium 350mg