

Chicken and Wild Rice

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 4 chicken breasts, trimmed
- 2-3 Tablespoons olive oil
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 2-3 carrots, peeled and sliced
- 2-3 stalks of celery, sliced
- 1 large onion, chopped
- 8 ounces (1 package) of mini bella mushrooms, sliced
- 1.5 cups wild rice blend
- 3.5 cups chicken or vegetable stock (or 2 -14.5 ounce cans)

Instructions:

Start by trimming the chicken breasts. Mix the olive oil, garlic powder, Italian seasoning, salt and pepper. Pour it over the chicken breasts. Allow the chicken to marinate for at least one hour.

Rinse the rice. Preheat the oven to 375 degrees F.

Place the carrots, celery, onions, and mushrooms in the Dutch oven. Add the rinsed rice and mix. Pour the chicken or vegetable stock over the vegetable mixture. Top with 4 marinated chicken breasts. Drizzle the remaining marinade over top.

Cover and bake for 60 minutes. Remove the cover and continue to bake for another 45 minutes or until the chicken stock is completely absorbed and the chicken breast is lightly browned.