



FROM THE KITCHEN OF: NICK MASON
TECHNICAL RECRUITER - JSG WESTMONT

CHICKEN & RICE CASSEROLE

INGREDIENTS

1 cup long grain rice, uncooked

3 cups water

2 teaspoons low sodium chicken bouillon granules

10 ¾ oz. can fat free, low sodium cream of chicken
soup

2 cups chopped, cooked chicken breast

¼ teaspoon garlic powder

1 teaspoon. onion salt

1 cup grated, fat free cheddar cheese

INSTRUCTIONS

Combine all ingredients in slow cooker

Cook on high for a total of 3-4 hours or on low
for a total of 6-7 hours

Eat!

(Even works great as dip for tortilla chips when
you're running low!)

"MY FAMILY ADORES THIS STUFF AND
IT MAKES FOR GREAT LEFTOVERS."

