

Crockpot Chicken and Rice

Yield: 4 min
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-pepper-swai-recipe-italian-dressing>

Ingredients:

- 2 pounds boneless skinless chicken breasts
- 1 cup Italian dressing prepared
- olive oil
- 1 sweet onion medium, diced
- 8 ounces sliced fresh mushrooms
- 1 rib celery diced
- 2 cloves garlic minced
- 2 cups chicken broth plus additional as needed
- 1 cup long grain rice uncooked
- 1 teaspoon Herbs de Provence OR dry Italian seasoning
- 1 teaspoon garlic salt
- 1 teaspoon lemon pepper divided
- 1/2 teaspoon tarragon
- 1 tablespoon butter cubed
- 4 ounces onion and chive cream cheese
- 1 1/2 cups shredded mozzarella cheese divided., OR use your favorite
- 1 cup frozen peas
- 2 tablespoons grated Parmesan cheese
- chopped fresh chives for garnishing optional

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 190 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 69 grams
7. SaturatedFat: 13 grams
8. Sodium: 1660 milligrams

9. Sugar: 14 grams

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