

Forgotten Chicken

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-with-lipton-onion-soup-mix>

Ingredients:

- 1 pound boneless skinless chicken breasts
- 2 cups minute rice I used brown rice
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can water use one of the soup cans
- 1 tablespoon butter
- 1 envelope lipton onion soup mix

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 85 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 5 grams
8. Sodium: 900 milligrams
9. Sugar: 2 grams

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