

No-Peek Chicken

Yield: 5 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/uncle-bens-recipe-stuffing-thanksgiving>

Ingredients:

- 2 tablespoons extra virgin olive oil or vegetable oil
- 8 pieces chicken a cut-up chicken or your choice of pieces
- 10 3/4 ounces condensed cream of mushroom soup
- 10 3/4 ounces condensed cream of celery soup
- 2/3 cup water or chicken stock, preferably unsalted
- 1/2 cup dry white wine e.g. sauvignon blanc or an unoaked chardonnay
- 6 ounces uncle ben 's Long Grain and Wild Rice Original Recipe
- 1 3/8 ounces onion soup

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 840 milligrams
9. Sugar: 1 grams

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