



BUDGET FRIENDLY RECIPES

Mushroom Chicken and Rice

Serves 4 to 5. Prep time: 25 minutes active; 60 minutes total.

2 tablespoons Field Day canola oil, divided

1 teaspoon paprika

½ teaspoon garlic powder

½ teaspoon salt

½ teaspoon pepper

1 pound skinless, boneless chicken thighs, cut into 1-inch pieces

1 medium yellow onion, chopped

8 ounces button mushrooms, sliced

3 cups Field Day chicken broth

1 ½ cups uncooked brown rice

2 cups frozen green peas, thawed

1 teaspoon dried rosemary

1 teaspoon dried thyme

2 cloves garlic, diced

Additional salt and pepper to taste

Preparation

Heat a large skillet over medium-high heat. Add 1 tablespoon of canola oil to pan. Mix paprika, garlic powder, salt and pepper together by shaking in a zip-lock plastic bag. Add chicken pieces and shake to coat evenly with dry spice mixture. Add chicken to pan and sauté for 5 minutes or until chicken is browned, stirring occasionally. Remove chicken from pan and set aside.

Return pan to medium-high heat. Add remaining canola oil to pan. Add onion and mushrooms; sprinkle with salt and pepper, sauté 5 minutes or until onion is lightly browned, stirring occasionally. Stir in chicken broth and rice and bring to a boil. Cover, reduce heat to low, and simmer for 35 minutes. Stir in the chicken, peas, thyme, rosemary and garlic. Cover and cook 10 minutes or until rice is tender and chicken is done. Season with additional salt and pepper to taste.

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Ingredient checklist

PRODUCE

- Yellow onion
- Button mushrooms
- Garlic

BULK

- Brown rice

GROCERY

- Field Day canola oil
- Field Day chicken broth

FROZEN

- Peas

MEAT/SEAFOOD

- Boneless chicken thighs

SPICES/SEASONINGS

- Paprika
- Garlic powder
- Rosemary
- Thyme
- Sea salt
- Black pepper

Serving suggestion

This one-pot meal is a savory delight. Mushrooms and chicken make a natural pair, and peas add texture and provide a good source of vitamins A, C and fiber.

Nutritional information per serving

440 calories	45 g. carbohydrate
15 g. fat	7 g. fiber
125 mg. cholesterol	30 g. protein
470 mg. sodium	

Estimated cost

Total:	\$10.89
Per serving:	\$2.42

The nutritional values and information are approximations, and ingredient costs are estimated.