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**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Chicken Skillet with Vegetables

Recipe adapted from University of Minnesota Extension

SERVES

4

Ingredients:

2 cups cooked rice
10 ounces chicken breast 1-inch pieces
¼ cup chopped green bell pepper
¼ cup chopped celery
¼ cup chopped broccoli
¼ cup chopped onion
¼ cup chopped carrots
½ cup chicken broth
Salt and Pepper to taste
Optional: 1 Tablespoon soy sauce
Optional: 2 zucchini squash
Optional: 2-8 ounces white mushrooms

Directions:

Time needed: 10 minutes preparation
20 minutes cooking time

1. Heat chicken for 5-7 minutes in a medium skillet or fry pan.
2. Add vegetables together with the chicken.
3. Add broth or water and seasoning.
4. Add cooked rice and stir together.
5. Cook on medium until heated through, stirring occasionally every 10 minutes.