

DINNER

Busy Day Chicken and Rice

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
160 min	10 min	150 min	6	\$2.34	536 kcal

The recipe Busy Day Chicken and Rice can be made in roughly 2 hours and 40 minutes. One serving contains 761 calories, 39g of protein, and 14g of fat. For \$2.34 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. This recipe serves 6. It works well as a main cour...

Ingredients

- ☐ 2 cubes chicken bouillon
- ☐ 10¾ ounce condensed cream of mushroom soup canned
- ☐ 6 skinless, boneless chicken breast halves
- ☐ 2 cups white rice
- ☐ 32¾ ounce condensed cream of chicken soup canned
- ☐ 1 ounce package dry onion soup mix
- ☐ 2 cups hot water

EQUIPMENT Bowl, Oven, Baking pan, Kitchen thermometer, Aluminum foil

Method

- 1

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13-inch baking dish.
- 2

Stir cream of chicken soup, cream of mushroom soup, and rice in a large bowl.
- 3

Mix hot water and chicken bouillon in a bowl until bouillon is dissolved; stir into rice mixture.
- 4

Spread rice mixture into prepared baking dish and sprinkle with half the onion soup mix.

- 5 Sprinkle remaining onion soup mix over chicken breasts; arrange chicken in a single layer over rice mixture. Cover with aluminum foil.
- 6 Cook the chicken breasts until no longer pink in the center and the juices run clear, 2 1/2 hours. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition per serving

536	35 g	13 g	66 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4 g · 25% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			1.1 g · 1% of daily needs
Sodium			1,949 mg · 85% of daily needs
Cholesterol			87.1 mg · 29% of daily needs
Vitamin C			1.7 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/busy-day-chicken-and-rice-148540