

DINNER

Cheesy Chicken and Rice

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	20 min	20 min	6	\$1.58	326 kcal



Need a gluten free main course? Cheesy Chicken and Rice could be an amazing recipe to try. One portion of this dish contains about 30g of protein, 12g of fat, and a total of 326 calories. For \$1.58 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This recipe s...

Ingredients

- ☐ 2 cups fresh or frozen broccoli flowerets
- ☐ 10¾ ounce Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free) canned
- ☐ ¼ teaspoon ground black pepper
- ☐ 1½ cups uncooked instant white rice
- ☐ ¼ teaspoon paprika
- ☐ ½ cup shredded Cheddar cheese
- ☐ 1½ pounds skinless, boneless chicken breasts
- ☐ 1 tablespoon vegetable oil
- ☐ 1½ cups water

Method

- 1

Heat oil in medium skillet over medium-high heat.
- 2

Add chicken and cook 10 minutes or until browned.
- 3

Remove chicken.
- 4

Add soup, water, paprika and black pepper.
- 5

Heat to a boil.
- 6

Stir in rice and broccoli. Return chicken to skillet.
- 7

Sprinkle chicken with additional paprika and black pepper. Top with cheese. Reduce heat to low. Cover and cook 5 minutes or until chicken is no longer pink and rice is done.

Nutrition per serving			
	326	30 g	12 g
	KCAL	PROTEIN	FAT
			24 g
			CARBS
Saturated Fat			3.7 g · 23% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			0.8 g · 1% of daily needs
Sodium			565 mg · 25% of daily needs
Cholesterol			86.1 mg · 29% of daily needs
Vitamin C			27.6 mg · 33% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/cheesy-chicken-and-rice-142305