

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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48211 Grandma's Country Chicken & Rice

A delicious chicken dinner with vegetables and rice that puts a smile on Grandpa's face.

Just add Chicken & Cream of Chicken Soup

Ingredients: White Rice, Dehydrated Vegetables (Carrots, Corn, Onions, Peas, Celery), Minced Garlic, Parsley, Sea Salt, Dehydrated Mushrooms, Thyme and Black Pepper.

Ingredients needed

- 1 10 ¾ oz can of cream of chicken soup
- 4 lbs. skinless chicken breasts and thighs
- 4 cups of water or low sodium chicken broth

Cooking Instructions

1. Place the chicken in several layers in the bottom of the slow cooker.
2. Layer the contents of the vegetable and spice packet over the chicken.
3. Top evenly with the can of cream of chicken soup.
4. Slowly pour 4 cups of water or broth over the ingredients.
5. Cover and cook on high 5-6 hours or low 10-11 hours. **Do not lift lid while cooking.**

Serving Suggestions

Substitute 2 cups of white wine for 2 cups of the water or broth.

Top with sour cream and chives.

Add golden raisins and Delicaé Gourmet's Indian Curry Sauce.

Add sun-dried tomatoes and fresh basil leaves for Mediterranean flavor.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. In a large 5 to 6 quart baking dish, place contents of vegetable, rice, and spice packets evenly over bottom of dish.
2. Spread uncooked chicken on top of ingredients in pan.
3. In separate bowl: Mix together 2 cups water or broth with can of condensed cream of soup (chicken or mushroom).
4. Pour over chicken and cover baking dish and place in 350° oven.
5. Bake for 2 to 2 and one-half hours.
6. For a more soup-like dinner, use 4 cups of water or broth with condensed soup.

Nutrition Facts

Serving Size As Packaged .90 oz. (25g)

As Prepared 14 oz (396g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	90	370	
Calories from Fat	0	60	
% Daily Value**			
Total Fat 0g*	0%	10%	
Saturated Fat 0g	0%	8%	
Trans Fat 0g			
Cholesterol 0mg	0%	44%	
Sodium 35mg	1%	17%	
Total Carbohydrate 20g	7%	7%	
Dietary Fiber 2g	10%	10%	
Sugars 3g			
Protein 2g			
Vitamin A	140%	140%	
Vitamin C	8%	8%	
Calcium	4%	6%	
Iron	4%	20%	
<small>* Amount in Mix. As prepared, one serving provides 6g total fat (1.5 saturated fat), 130mg cholesterol, 400mg sodium, 22g carbohydrate (2g fiber, 4g sugar) and 54g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	* Carbohydrate	4 * Protein 4