

# Chicken Rice Bake

*Unit: Large skillet or the Electric Skillet*

**1 - 15oz can of italian tomato sauce**  
**3 - Frozen boneless chicken breasts**  
**2/3 - Cup of uncooked brown rice**  
**1 - 2.8 oz. can of french fried onions**

**6 - Mushrooms sliced on #4 blade**  
**1 - Medium onion sliced on #4 blade**  
**1/2 - Cup of diced green bell pepper**

In a cold skillet, place the frozen meat on the bottom. Next, add the dry rice, bell pepper, mushrooms, diced onions and half of the fried onions. Pour the sauce over all of the ingredients. Rotate the valve below the knob to open and heat the skillet on medium heat. (375 with the electric skillet)

When the valve activates, rotate the valve closed and reduce the heat to medium-low (250 on the electric skillet). Bake for 20-30 minutes until the chicken is fully cooked. During the last 5 minutes, sprinkle the remaining fried onions over the top and cover.