

## Crockpot Chicken & Rice for 3-4

CROCKPOT LINER (OPTIONAL)

1 1/2 CUPS LONG GRAIN WHITE RICE

2 SPLIT CHICKEN BREASTS BONE-IN

(OR IF BONELESS ADD 1/4 CUP BUTTER)

2 CUPS SKIM MILK (OR CUP OF WHOLE MILK  
WITH CUP OF WATER)

1-10.5 OZ. CAN CREAM OF CHICKEN SOUP

1 TSP. GROUND SAGE

2 TBSP. BIDIA POULTRY SEASONING (HAS SALT)

2 TBSP. BUTTER

3/4 TSP. BLACK PEPPER

1/2 TSP SALT

1 ONION SLICED

*Option: If using McCormick Poultry Seasoning (with no salt) omit bidia poultry seasoning and use 1 1/2 tsp. and add an additional tsp. of salt.*

Place a crockpot liner in slow cooker crock. Put uncooked rice in bottom of pot. Place chicken breasts, breast down in pot (add butter if using boneless chicken). In a large bowl mix together milk, soup, sage, and poultry seasoning. Pour it over chicken. Put in butter then sprinkle with black pepper and salt. Add onion to pot.

Cook on high for 4-6 hours or until chicken reaches 180 degrees Fahrenheit. Enjoy with sides of your choice. I typically serve young peas with it.