

Skillet Chicken with Spinach, Mushrooms, and Rice

This recipe makes makes about 6 cups



Ingredients

2 **Tbsp** chicken broth
2 boneless skinless chicken breasts
½ yellow onion, chopped
3 cloves minced garlic
8 **oz** fresh mushrooms
1 **cup** brown rice
2 **cups** chicken broth
1 **tsp** salt
¼ **tsp** freshly ground black pepper
½ **tsp** thyme
1 **tsp** dried oregano
½ **tsp** smoked paprika
5 **oz** fresh spinach

Directions:

1. Preheat the oven to 375°F.
2. Season the chicken breasts with salt and pepper. In a Dutch oven or ovenproof skillet on the stove, brown the chicken on both sides using a small amount of chicken broth to prevent sticking, then remove the chicken from the pan.
3. Add the onion, garlic, mushrooms, and seasonings to the pan and cook until tender. Then add the spinach and cook just until wilted.
4. Stir in the rice, 2 cups of chicken broth, and additional seasonings until well combined. Then place the chicken breasts on top.
5. Bake for 30–35 minutes, or until the chicken is cooked through.
6. Allow the dish to cool. Chop the chicken breasts into bite-sized pieces and mix them back into the rice mixture.
7. Spread the mixture evenly on a freeze-drying tray and add dividers in a four-serving configuration.
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 24 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This recipe makes 4 servings, add 1-1 ½ cups of hot water per serving, mix and let sit for 3-5 minutes. Check for tenderness, add more water if needed and let sit longer.

Notes:

For a different twist, consider adding a pinch of cumin and coriander for warmth or a dash of chili powder for a subtle kick. A hint of rosemary or sage can also introduce an aromatic, savory note to the dish.

Nutritional Value Per Serving

Calories: 340 Protein: 32 g Fat: 4 g Carbohydrates: 39 g Sugar: 2 g Fiber: 3 g