

Chicken with Rice and Broccoli

2 cups uncooked rice (white or brown, I used long grain)

4 cups chicken broth

7 chicken tenderloins (I use frozen, you could probably also use 3-4 chicken breasts)

14 oz bag frozen broccoli florets (or frozen broccoli of your choice)

3 oz cheddar cheese cut into 1/4 inch cubes.

Add chicken broth and rice to a pan that can be covered and bring to a boil. Add frozen chicken and cover and simmer for 10 minutes. Remove lid and stir, add broccoli and continue to simmer until rice is tender, chicken is done and liquid is absorbed (about 10 more minutes). Turn off heat and let sit for 5 minutes, remove chicken and shred, if desired. Add cubed cheese (or shredded cheese) and stir to combine. Cover and let sit for a couple more minutes until cheese is melty. Add salt and pepper to taste. Serves 6-8

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