

# Foster's Body & Paint

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## Chicken & Roasted Garlic Risotto

### Ingredients:

- \*4 boneless chicken breast halves
- \*1 tbsp. butter or margarine
- \*1 can cream of chicken or 98% fat free cream of chicken soup
- \*1 can cream of mushroom with roasted garlic soup
- \*2 cups water
- \*2 cups uncooked instant white rice
- \*1 cup frozen peas and carrots



### Preparations:

- 1.) Season chicken
- 2.) Heat butter in skillet. Add chicken and cook until browned. Remove chicken.
- 3.) Add soups and water. Heat to a boil. Stir in rice and vegetables. Return chicken to pan. Cover and cook over low heat for 5 minutes or until done. Remove from heat. Let stand for 5 minutes.

