

# Name: Chicken Continental

<b>Yield: Serves 4</b>	<b>Author: Cheryl Derringer</b>		
<b>Ingredients</b>	<b>Actual</b>		<b>Notes</b>
	<b>Weight</b>	<b>Measure</b>	
Chicken, skinless	1-1/2 cups		Cut into pieces
Mushrooms, sliced – 1 can			Drained
Garlic clove – 1			Crushed
Vegetable oil		2 tbsp	
Chicken broth – 1 can			
Green beans, French cut – 1 pkg	9 oz		
Salt	1 tsp		
Basil	1/2 tsp		
Black pepper	Dash		
Rice, long grain instant	1-1/2 cups		
<b>Preparation</b>			
<b>Cooking Directions</b>			
<ol style="list-style-type: none"> <li>Put oil in skillet and sauté chicken, mushrooms and garlic for 2-3 minutes. Add chicken broth, green beans, salt, basil and black pepper and bring to a full boil. Stir in cooked rice and remove from heat. Let stand for 5 minutes.</li> </ol> <p>Microwave:</p> <ol style="list-style-type: none"> <li>Use a 2 qt non-metal dish.</li> <li>Cook chicken, mushrooms and garlic in oil on high power for 5 minutes stirring once at 2-1/2 minutes.</li> <li>Add remaining ingredients. Cover and cook at high power for 5 minutes.</li> <li>Let stand for 5 minutes.</li> </ol>			