

Gluten Free Chicken & Rice Bake

Course Main Dish
Cuisine American

Ingredients

- 1 King's Poultry Farm Whole Chicken (Cut-Up)
- 1 1/4 cup Rice (uncooked)
- 2 tbsp Butter
- 6 tbsp Super Fine Rice Flour (or thickener of choice)
- 1/2 tsp Salt
- 1/8 tsp Pepper
- 1 cup King's Poultry Farm Chicken Bone Broth
- 1 1/2 cup Whole Milk
- 1 can Mushrooms (finely chopped)
- Salt & Pepper to Taste (for chicken)

Instructions

1. Coat a 9×13 baking dish with Olive Oil Spray.

2. Spread uncooked rice evenly in baking dish.

3. Melt butter in small pot over medium heat. Meanwhile, mix flour, salt, & pepper in a small bowl. Pour flour mixture into melted butter & stir until thickened & well mixed.

4. Slowly add in chicken broth stirring & heating until well mixed & thickened.

5. Add in milk- stirring continuously over medium high heat (being careful not to let it boil or scorch) until mixture thickens to that of a creamy soup.

6. Pull off of heat & pour mixture in baking dish. Mix well with rice.

7. Season chicken pieces to desired taste with salt & pepper. Lay pieces over soup mixture.

8. Bake at 350° for 1 hour and 30 minutes -OR- until an internal temperature of 165° is reached.

9. Serve and enjoy!!!