

One Pot Cheesy Chicken, Rice and Broccoli

- 10min prep time
- 50min total time
- 9 ingredients
- 4 servings

2 tablespoons olive oil
4 boneless skinless chicken breasts, cut into 1-inch pieces (20 oz)
1 teaspoon salt
1/4 teaspoon pepper
1 cup uncooked regular long-grain white rice
2 1/2 cups Progresso™ chicken stock (from 32-oz carton)
1 cup chopped red bell pepper (1 large)
2 1/2 cups broccoli florets, cut into bite-size pieces
2 cups shredded Cheddar cheese (8 oz)



1. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken, salt and pepper in oil 4 to 6 minutes, stirring frequently, until chicken is no longer pink in center.
2. Add rice and chicken stock; heat to boiling. Cook over medium-high heat 10 to 15 minutes, stirring frequently, until most of the liquid is absorbed.
3. Add bell pepper, broccoli and 1 cup of the cheese. Cover; reduce heat to medium-low; cook 8 to 10 minutes or until vegetables are crisp-tender. Remove from heat.
4. Sprinkle with remaining 1 cup cheese. Cover; let stand 1 to 2 minutes or until cheese is melted.