

## CHICKEN WITH RICE & BUTTERNUT SQUASH

### INGREDIENTS

(Makes 18 oz.)

- 1 c. of butternut squash
- 1 c. of cooked rice
- 3 c. chicken broth

### DIRECTIONS

1. Halve, seed, peel, and chop butternut squash into cubes.
2. Optional: Shred a few pieces of chicken.
3. Heat 3 cups of chicken broth over high flame.
3. Add 1 cup of butternut squash to the broth.
4. Add 1 cup of cooked rice.
5. Optional: Add 1/2 c. of shredded chicken.
6. When boiling, reduce temperature to low / simmer.
6. Remember to stir occasionally and cook until rice and squash are super soft. It takes about 2 hours. If needed, add some more broth to thin out consistency.