



Recipe: CHICKEN, ARTICHOKE AND WILD RICE CASSEROLE

1 pkg of original Uncle Bens Wild Rice
2 chicken breasts, cubed
1 onion, chopped
1 cup celery, chopped
1 cup red peppers, chopped
1 can of corn
1 $\frac{3}{4}$ cup chicken broth
 $\frac{1}{2}$ cup milk
2 tbsp flour
2 tbsp white wine
pepper to taste
14 oz can artichokes, drained and chopped

Cook rice as per instructions. In a large frying pan cook chicken, add onions, celery, peppers and corn. Add broth to chicken and veggies and bring to a boil. Boil for 10 minutes. In a bowl whisk cream and flour until smooth. Gradually whisk into boiling broth. Add wine and pepper. Reduce heat and simmer for 5 minutes, stirring occasionally. Add rice and artichokes to sauce and mix well. Pour mixture into shallow 2-3L baking dish. Cover and bake at 350F for 35-40 minutes (or until hot and bubbly). You can sprinkle with almonds if you like.

Enjoy!