**Baked Chicken and Rice**

RECIPE

**DIRECTIONS**

1. Preheat oven to 375 degrees.
2. Scatter onion and garlic in a baking pan. then place butter evenly over onions and garlic. Bake for 15 minutes (check at 12 minutes, mix if some bits are browning too much).
3. Meanwhile, mix together spices. Sprinkle spices on both sides of the chicken.
4. Remove baking dish from the oven. Add rice then mix together with cooked garlic and onions.
5. Place chicken on rice. Then pour chicken broth and water around the chicken.
6. Cover with foil, then bake for 30 minutes. Remove foil, spray chicken with oil (optional), then reduce heat to 325 degrees and bake for a further 20 minutes until liquid is absorbed in rice. Internal temperature of chicken should be 165 degrees.
7. Stand for 5 minutes, then remove chicken and fluff up rice. Garnish with parsley if desired, serve and enjoy!

**INGREDIENTS**

* 24 chicken pieces
* 4 onions, chopped
* 8 tablespoons butter, sliced
* 8 garlic cloves, minced
* 1 tablespoon paprika
* 1 tablespoon thyme
* 2 teaspoons garlic powder
* 2 teaspoons onion powder
* Salt and pepper
* 6 cups white rice
* 6 cups low sodium chicken broth
* 5 cups water
* Optional Ingredients:

brown rice, fresh parsley

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| **Prep Time:** 10 minutes | **Cook Time:** 70 minutes | **Total Time:** 80 minutes | **Yield:** 24 servings |