

# Au Jus Chicken & Rice

*Recipe makes 6 meals*

## Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **1.5 cups White Rice, dry**
- **3 cups Fresh Spinach, chopped**
- **3 cups of Water**
- **2 packs Au Jus Seasoning, 1 oz ea**
- **2 Tbsp Olive Oil**
- **1 Tbsp Butter**
- **1 Tbsp Garlic Powder**
- **1/2 Tbsp Onion Powder**
- **Non-Stick Cooking Spray**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 343**

**Fat - 8g**

**Carbohydrates - 39g**

**Protein - 29g**

**\*Fiber - 1g**

**Estimated Cost  
Per Meal**

**\$1.59**

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# Instructions

- 1. Start by adding one of your Au Jus seasoning packs to a mixing bowl, along with 2 Tbsp of olive oil. Mix well and set aside.**
- 2. Place your chopped chicken in a large mixing bowl and add in your Au Jus sauce. Mix to coat.**
- 3. Heat a large skillet over medium-high heat and spray with a little non-stick cooking spray. Add in your seasoned chicken and cook for 4-5 minutes on each side, or until chicken is cooked through.**
- 4. While your chicken is cooking, you're going to prepare the broth for your rice. In a mixing bowl, add 3 cups of water, your remaining pack of Au Jus seasoning, 1 Tbsp garlic powder, and 1/2 Tbsp onion powder. Mix well and set aside.**
- 5. Once your chicken is done cooking, remove it from the skillet and set it aside. Return that same skillet back to the stove and add in 1 Tbsp of butter.**
- 6. Once your butter is melted, mix in your chopped spinach and cook for 1 minute.**
- 7. Add in your uncooked rice, mix together with your cooked spinach and cook for 1-2 minutes.**
- 8. Pour in your 3 cups of broth that you prepared earlier. Mix together and bring to a boil. Once it starts boiling, reduce the heat to low. Cover and let this continue to cook for 20-25 minutes, or until your rice is cooked through.**
- 9. When your rice is done, remove the lid, mix, taste, and add salt and pepper to preference.**
- 10. Portion your rice out into your meal containers, add your chicken on top, and enjoy!**



# Notes

- **This recipe has lots of flavor and pairs well with pretty much any side of veggies. Alternatively, you can add some chopped veggies in with the rice.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**