

# Chicken Skillet with Sweet Potatoes and Wild Rice

When your craving for hearty comfort food comes calling, this delectable chicken skillet recipe is all the answer you need! Loaded up with chicken breast, broccoli, sweet potatoes, wild rice, and cheese, this one-pot meal will warm your insides and have you coming back for more. The ingredients meld together to create a vibrant, protein-packed meal that feels like a warm hug in a bowl.



The magic lies in the one-pan method, allowing the rice to absorb all the savory juices from the chicken as it simmers. It's hearty, vibrant, and impressive enough for guests while remaining simple enough for a Tuesday.

Servings: 4 to 6 servings

## Ingredients

- 1 teaspoons ground mustard
- 2 cups chicken stock
- 6 ounces cheddar cheese, shredded
- 14 ounces broccoli (1 head rinsed and chopped into small florets)
- 1 count large sweet potato, cut into 1-inch cubes
- 2 tablespoons fresh thyme, chopped
- 1 cup brown & wild rice blend, uncooked
- 1 can 18.5 ounce Progresso Reduced Sodium Savory Chicken & Wild Rice Soup
- 4 cloves garlic, minced
- 1 teaspoons salt
- 1 teaspoons pepper
- 3 count carrots, sliced
- 1 pounds boneless skinless chicken breast, cut into 1-inch cubes
- 1 count medium-sized onion, chopped
- 1 tablespoons olive oil

## Preparation

1. Heat one tablespoon olive oil over medium-high heat in a large (12-inch) oven-proof skillet. Add onion and carrot, then saute for 3 minutes.

2. Add chicken, salt, and pepper, and continue cooking over high heat for 5 minutes.
3. Add minced garlic and cook for one more minute.
4. Add Progresso Reduced Sodium Savory Chicken & Wild Rice Soup, chicken stock and bring to a simmer. Add wild rice, cover, and cook for 25 minutes.
5. Add thyme, ground mustard, and sweet potatoes. Cover and cook for another 10 minutes or until rice is cooked to the doneness you prefer. If the mixture seems to be dry add a little extra chicken stock or water to loosen it up. (Different rice requires different cook times so check the package instructions and modify accordingly.)
6. Stir in broccoli, cover and cook another 4 minutes.
7. Remove cover and stir in 2 ounces of cheddar cheese, then sprinkle the remaining cheddar on top. Broil for 2-3 minutes or until cheese has melted (keep a close eye on it while broiling).