ITALIAN CHICKEN AND WILD RICE

PHASE 1
Serves 6–8 (portion size: 1½ to 2 cups)
2½ pounds skinless, boneless chicken breast, cubed
2 cups chicken broth
1 cup wild rice, rinsed and drained
¼ cup diced onion
½ teaspoon minced garlic
2 cups chopped fresh mushrooms
14.5-ounce can diced tomatoes
1 teaspoon sea salt
½ teaspoon dried oregano
½ teaspoon dried basil
¼ teaspoon freshly ground black pepper
Put the chicken breast, broth, wild rice, onion, and garlic in a slow cooker. Stir in the mushrooms, tomatoes, salt, oregano, basil, and pepper. Cover and simmer for 4 hours on high or 6 hours on low. Serve and enjoy!”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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