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!”  
  
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