

Prep time: 10 minutes | Cook time: 1 hour 30 minutes | Total time: 1 hour 40 minutes
Servings: 4-6 | Intensity Level: Very Easy (Hands-Off)

Have you ever wished you could just throw a few ingredients in a pan, walk away, and come back to a perfectly cooked, incredibly flavorful meal? That's the magic of this Amazing Forgotten Chicken.

The name says it all. This isn't a recipe that requires constant attention, frantic stirring, or precise timing. It's the ultimate "set it and forget it" dish. The oven does all the heavy lifting, transforming simple chicken breasts and a creamy, savory rice mixture into a tender, succulent, and satisfying dinner. It's the perfect solution for busy weeknights, lazy Sundays, or any time you need a delicious, no-fuss meal that the whole family will love.

Table of Contents

- ◆
 - [Why You'll Love This Recipe](#)
 - [Ingredients](#)
 - [Instructions](#)
 - [Recipe Notes & Tips](#)
 - [Nutrition Information \(Estimated\)](#)

Why You'll Love This Recipe

- Incredibly Easy: With just 10 minutes of prep, you can assemble this dish and let the oven work its magic.
- Hands-Off Cooking: No babysitting required! Once it's in the oven, you're free to do whatever you please.

- Family-Friendly: The creamy, savory flavors are a hit with both kids and adults.
 - Complete Meal: Protein and carbs are cooked together in one dish, making cleanup a breeze.
 - Budget-Friendly: Uses simple, affordable pantry staples.
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Ingredients

- 4-6 boneless, skinless chicken breasts (about 1.5 – 2 lbs)
- 1 cup uncooked long-grain white rice (like Jasmine or Basmati)
- 1 (10.5 oz) can cream of chicken soup
- 1 (10.5 oz) can cream of celery soup
- 1 (10.5 oz) can cream of mushroom soup
- 1 cup milk (or water)
- 1 packet (1 oz) dry onion soup mix

- ½ cup (1 stick) unsalted butter, cut into slices
- Salt and freshly ground black pepper, to taste
- Optional: Fresh parsley, chopped, for garnish

Instructions

1. **Preheat & Prep:** Preheat your oven to 350°F (175°C). Lightly grease a 9×13-inch baking dish.
2. **Create the Base:** Pour the uncooked rice into the bottom of the prepared baking dish and spread it into an even layer.
3. **Prepare the Chicken:** Season the chicken breasts generously with salt and pepper on both sides. Place the seasoned chicken breasts on top of the rice.
4. **Mix the “Forgotten” Sauce:** In a medium bowl, whisk together the three cans of cream soup and the milk until smooth and well combined.
5. **Assemble the Dish:** Pour the soup mixture evenly over the chicken breasts.
6. **Add the Finishing Touches:** Sprinkle the entire packet of dry onion soup mix over the top of the creamy chicken. Place the slices of butter evenly over the top of everything. This butter will melt and create a rich, golden sauce.

7. Bake & Forget: Cover the baking dish tightly with aluminum foil. Bake in the preheated oven for 1 hour and 30 minutes. Do not peek! The foil traps the steam, which is essential for cooking the rice and keeping the chicken moist.
 8. Rest and Serve: Carefully remove the dish from the oven. The chicken should be cooked through (internal temperature of 165°F) and the rice should be tender and have absorbed all the creamy sauce. Let it rest for 5-10 minutes before serving.
 9. Garnish: Flake the chicken slightly with a fork to mix it with the rice, or serve each chicken breast on a bed of the creamy rice. Garnish with fresh chopped parsley, if desired.
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Recipe Notes & Tips

- The Golden Rule: Do not lift the foil during the baking time. The trapped steam is what cooks the rice and creates the perfect texture. Peeking will release the steam and could result in crunchy, undercooked rice.
- Chicken Thickness: If your chicken breasts are very thick, you may want to pound them to an even 1-inch thickness to ensure they cook evenly.
- Rice Choice: Long-grain white rice is essential here. Do not substitute with instant rice (which will turn to mush) or brown rice (which requires a much longer cooking time and more liquid).

- Make it Your Own: Feel free to add a cup of frozen peas or mixed vegetables to the rice mixture before baking for an extra veggie boost.

Nutrition Information (Estimated)

Disclaimer: Nutritional information is an estimate and will vary based on the exact ingredients and portion sizes used.

Per Serving (based on 6 servings):

- Calories: 485 kcal
- Protein: 32g
- Carbohydrates: 35g
- Fat: 24g
- Saturated Fat: 11g
- Cholesterol: 115mg
- Sodium: 1250mg

- Fiber: 1g

- Sugar: 4g