Whole Chicken and Rice

1 whole broiler/fryer Chicken in the 3.5-4.5 pound range

2 cups of Brown Rice (uncooked)

2 standard cans (or one family-sized box container) of Chicken Broth

1 onion (diced very finely)

1 Red Pepper (diced very finely)

1 Green Pepper (diced very finely)

1 pound Mushrooms (sliced medium fine)

You're going to want to cook this in a wide, flat-bottomed casserole dish (at least 15x12), but one that is at least 1 inch deep, preferably closer to 2 inches deep.

Liberally spray the bottom of your dish with non-stick spray. Combine the uncooked rice, onions, peppers, and mushrooms in the dish an add 4 cups of liquid to the dish (I would start out at about ¾ Chicken Stock and ¼ Water, but that could vary with your personal tastes). Lightly season with salt and pepper and mix thoroughly. Season both the interior and exterior of the Chicken with Jonny's Season Salt (salt and pepper are fine as well) and place on top the rice mixture. Cover dish with Aluminum Foil and bank at 350 degrees for about an hour.

After 1 hour, take off the Foil and stir up the rice mixture. If the mixture is a little dry, then add some more liquid….if it needs a little more Chicken flavor, add some Chicken Bouillon. Remove the foil and return the pan to the oven for another 30-45 minutes, or until the Chicken is done and nicely browned.