

BEEF OR CHICKEN CASSEROLE



Time Required:
45 Minutes



Servings: 8

INGREDIENTS:

- 1 1/2 cups rice, cooked
- 1 lb beef or chicken, cooked and shredded
- 1 can (14 oz.) of tomato sauce or cream of chicken soup
- 2 cups of broccoli, green beans, or mixed vegetables
- 1 small white onion
- 1 cup of cheddar cheese + 1/2 cup
- Preferred herbs and spices (ex. salt, black pepper, garlic powder, paprika, oregano, parsley)

STEPS FOR COOKING:

Cook the rice according to the instructions.

1. Steam the broccoli until tender (can substitute canned mixed vegetables).
2. Add the oil and onion to a pan on low to medium heat.
3. If using canned chicken, drain each can and pour the chicken into the pan.
 - a. If using pre-cooked chicken, shred and add to the pan.
4. Season as you desire (if using canned).
5. Mix in the rice, vegetables, cream of chicken soup, and 1 cup of shredded cheddar cheese.
6. Pour the mixture into a baking dish.
7. Cover with 1/2 cup of shredded cheddar cheese.
8. Bake in the oven at 350 degrees for 30 minutes.

Recipe Source: <https://iheartrecipes.com/cheesy-broccoli-chicken-and-rice/>

WIC Foods:

- Fresh Broccoli
- Brown Rice
- Cheese

Pantry Foods:

- Can of Cream of Mushroom Soup
- Can of Green Beans or other vegetables
- Whole Chicken
- Cans of chicken
- Rice

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