



Chicken Broccoli and Rice Casserole

Recipe From *Making Every Dollar Count*



Ingredients

- 2 cups cooked chicken
- 1/2 cup chopped bell pepper
- 1/2 cup chopped onion
- 1 (10 3/4 oz.) can of creamed soup such as mushroom, chicken, celery or broccoli cheese soup
- 2 cups cooked brown rice
- 1 cup milk
- 1 cup chopped broccoli
- 1/2 cup grated cheese
- Salt & pepper to taste
- 1 tsp. thyme (optional)



Directions



1. Cook the brown rice ahead of time according to directions and let it cool.
2. Combine the soup with milk and whisk together.
3. Mix all the ingredients together and add the soup mixture.
4. Bake in the oven at 350° until it reaches 145°. About 20-25 minutes.
5. Sprinkle with the cheese of your choice when serving.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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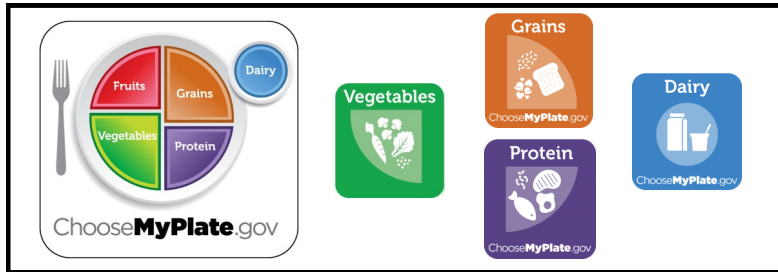
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Fast Facts



Featured Food Groups



Cooking Tips



- Pour this over a bed of greens to add veggies to your plate!
- Try mixing and matching different seasonings for various tastes.
- Enjoy this meal with a side of fruit, and you'll hit all the MyPlate groups!

Nutrition Facts

6 servings per container

Serving size 1

Amount Per Serving
Calories 270

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3.8g	19%
Trans Fat 0.1g	
Cholesterol 50mg	17%
Sodium 500mg	22%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0.1mcg	0%
Calcium 102mg	8%
Iron 1.4mg	8%
Potassium 308mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

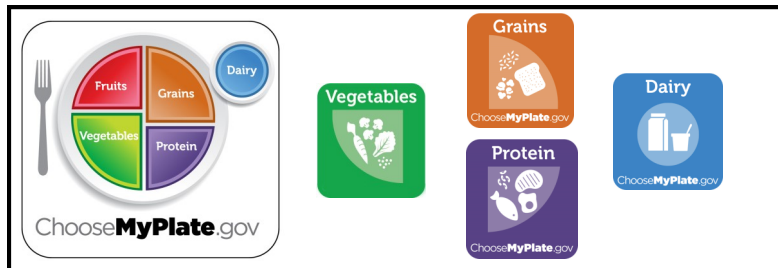
Second Harvest is an equal opportunity provider.



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