

Treasure Barrel

Best Chicken and Rice Casserole: Family Favorite Recipe

15 min Prep time	**55 min** Cook time	**1 h 10 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Casserole Base

- [ ] 1 ½ cups long-grain white rice, uncooked
- [ ] 1 medium yellow onion, finely diced
- [ ] 1 (10.5 oz) can cream of mushroom soup, condensed
- [ ] 1 (10.5 oz) can cream of chicken soup, condensed
- [ ] 2 cups chicken broth
- [ ] ½ cup whole milk
- [ ] 1 teaspoon garlic powder
- [ ] ½ teaspoon black pepper
- [ ] ½ teaspoon salt

Main Add-Ins

- [ ] 3 cups cooked chicken, shredded (from about 1 lb boneless skinless breasts or thighs)
- [ ] 1 (12 oz) bag frozen mixed vegetables (peas, carrots, green beans), unthawed

Optional Topping

- [ ] 1 cup shredded cheddar cheese

Instructions

1. Preheat your oven to 375°F (190°C). Grab a 9x13 inch baking dish and give it a light coating with non-stick spray or a bit of butter.
2. In a large mixing bowl, combine the uncooked rice, diced onion, both cans of condensed soup, chicken broth, milk, garlic powder, pepper, and salt. Stir it all together until it's well combined. It will look a bit soupy, and that's exactly what you want.
3. Gently fold in the shredded chicken and the frozen mixed vegetables. Try to distribute everything evenly without over-mixing.
4. Pour the entire mixture into your prepared baking dish and spread it out into an even layer. Cover the dish very tightly with aluminum foil.
5. Bake, covered, for 45 minutes. The foil traps the steam, which is what cooks the rice perfectly.
6. Carefully remove the baking dish from the oven and take off the foil. If you're using the cheese topping, sprinkle it evenly over the top now.
7. Return the dish to the oven, uncovered, for another 10-15 minutes, or until the cheese is melted and bubbly and the top is lightly golden. The rice should be tender and most of the liquid absorbed.

8 Take the casserole out of the oven and let it stand for about 10 minutes before serving. This resting time allows the sauce to thicken up just a bit, making it easier to serve. Then, dish it up hot and enjoy the warmth.

Nutrition per serving

420 kcal	25 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a rotisserie chicken is a fantastic shortcut for this recipe.
- Leftovers keep beautifully in the fridge for 3-4 days and reheat wonderfully.
- For a lighter version, you can use low-sodium soups and broth.