

Treasure Barrel

Creamy Chicken and Spinach Casserole

20 min Prep time	**35 min** Cook time	**55 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ lbs boneless, skinless chicken breasts, cut into 1-inch cubes
- [ ] 1 tablespoon olive oil
- [ ] 1 medium yellow onion, chopped
- [ ] 2 cloves garlic, minced
- [ ] 10 oz fresh spinach
- [ ] 1 (10.5 oz) can cream of mushroom soup
- [ ] 1 cup sour cream
- [ ] ½ cup grated Parmesan cheese
- [ ] ½ teaspoon salt
- [ ] ¼ teaspoon black pepper
- [ ] ½ teaspoon paprika (optional)

For the Topping

- [ ] ½ cup shredded mozzarella cheese
- [ ] 2 tablespoons grated Parmesan cheese
- [ ] 1 tablespoon butter, melted (for drizzling, optional)

Instructions

1. Preheat your oven to 375°F (190°C). Grab a large oven-safe skillet or a 9x13 inch baking dish. If you're using a baking dish, you'll need a separate skillet for the first steps.

2. Heat the olive oil in the skillet over medium heat. Add the chopped onion and cook for about 5 minutes, until it becomes soft and translucent. It should smell sweet and fragrant. Add the minced garlic and cook for one more minute, just until you can really smell it.

3. Push the onions and garlic to one side of the skillet. Add the cubed chicken to the empty space. Season the chicken with the salt, pepper, and paprika if using. Cook for 5-7 minutes, stirring occasionally, until the chicken is cooked through and no longer pink.

4. If there's a lot of liquid in the pan from the chicken, you can drain a little off, but it's okay to leave a bit. Turn the heat down to low. Add the entire can of cream of mushroom soup and the sour cream to the skillet. Stir everything together until it's well combined and creamy.

5. Now, add the fresh spinach. It will look like a mountain at first, but just start stirring. The heat will wilt it down beautifully. Keep stirring until all the spinach is incorporated and has turned a dark green, which should take about 3-4 minutes.

6. If you started in an oven-safe skillet, you're all set. If not, transfer the creamy chicken and spinach mixture to your greased baking dish. Smooth the top with a spoon. Sprinkle the shredded mozzarella and the extra 2 tablespoons of Parmesan cheese evenly over the top. For a extra golden finish, you can drizzle the melted butter over the cheese.

7. Bake, uncovered, for 20-25 minutes, or until the casserole is bubbly around the edges and the cheese on top is melted and starting to get those lovely golden spots.

8. Carefully remove the casserole from the oven. Let it sit for about 5 minutes before serving. This resting time lets the sauce thicken up just enough so it serves beautifully.

Nutrition per serving

385 kcal	35 g	10 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a flavor boost, try adding a pinch of dried thyme or a few red pepper flakes with the spinach.
- If you prefer dark meat, you can use an equal amount of boneless, skinless chicken thighs. They'll be even more tender.
- This recipe is a great base. Feel free to stir in a cup of cooked rice or pasta with the spinach for a more substantial meal.