

Treasure Barrel

No Peek Chicken Casserole – Easy Dump-and-Bake Dinner

10 min Prep time	**30 min** Cook time	**40 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Components

- [ ] 4 boneless skinless chicken breasts (about 1.5 lbs)
- [ ] 2 cups frozen mixed vegetables (peas, carrots, corn)
- [ ] 2 cups cooked white rice

Creamy Sauce & Seasoning

- [ ] 10.5 oz (1 can) cream of chicken soup
- [ ] 1 cup low fat milk
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1/2 tsp dried thyme
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Instructions

1. First things first, let's get that oven warming up to 375°F. While it's heating, go ahead and lightly coat your 10x15 inch baking dish with some cooking spray so nothing sticks.
2. Grab a large mixing bowl and stir together your cooked white rice, frozen mixed vegetables (peas, carrots, corn), cream of chicken soup, and low fat milk. Just mix it until everything is well incorporated and looking creamy.
3. Now, stir in the shredded cheddar cheese, garlic powder, onion powder, dried thyme, salt, and black pepper. It's starting to smell wonderful already, isn't it?
4. Take your boneless skinless chicken breasts and thinly slice them into about 1/4-inch pieces. Fold them gently into the rice mixture, making sure every little piece of chicken is evenly coated in that lovely sauce.
5. Carefully pour the whole chicken rice mixture into your prepared baking dish. Spread it out evenly so it cooks through just right.
6. Pop it in the oven uncovered. Bake it for 25 minutes; you're looking for the casserole to be bubbling away and the top to be a pretty, light golden brown.
7. If you're feeling a bit indulgent—and I usually am—sprinkle an additional 1/2 cup cheddar cheese on top for the last 5 minutes of baking until it's melted and golden.

8. Once it's out, honestly, the hardest part is waiting. Let it rest for 5 minutes. This lets the juices settle so it doesn't fall apart when you serve it.

9. Right before you bring it to the table, garnish with some freshly chopped parsley. It just adds a little splash of color and freshness that makes it feel special.

10. Plate it up while it's hot! I love serving this alongside a crisp green salad or some steamed broccoli to balance out the richness.

Nutrition per serving

420 kcal	31 g	34 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- You can use leftover cooked rice or even a mix of wild rice if you want a bit more texture.
- Low-sodium soup and milk are great ways to keep the salt in check.
- Letting the dish rest is key to getting a clean scoop onto the plate.