

# Chicken, Rice, and Broccoli Bake

Prep Time: 20 minutes

Number of servings: 6

## INGREDIENTS

- 3 cups cooked brown rice (1 ½ cups uncooked)
- 1 medium sized onion, chopped
- 3 garlic cloves, minced
- 1 can (14 ounce) Cream of Mushroom Soup
- ¾ cup water
- About 1 cup chopped cooked chicken
- 1 cup diced celery
- 1 cup sliced fresh mushrooms
- 1 cup frozen chopped spinach or kale
- 2 cups fresh or frozen broccoli (small pieces)
- 1 cup thinly sliced carrots
- ½ cup shredded cheddar cheese
- 2 Tablespoons Worchester shire Sauce
- 1 teaspoon Thyme
- 1 teaspoon black pepper

## Slow Cooker DIRECTIONS

1. Cook brown rice separately, according to package directions. Rice often doesn't cook perfectly in a crock pot. Or, if you have rice leftover from another meal, use that.
2. Mix ingredients directly in a 4-6 quart crock pot
3. Bake on LOW 6-8 hours or on HIGH 2-3 hours. Or preheat oven to 350 degrees, spread in a 9 X 13 pan, and bake for 45 minutes.
4. Serve with extra cheese on top.

## NOTES and VARIATIONS

- Cook once, eat 3 times! Serve Roast chicken for 1<sup>st</sup> supper, Chicken Soup for 2<sup>nd</sup> supper, Chicken & Broccoli for 3<sup>rd</sup> supper. If you have a large family, roast TWO chickens at once. It's not any more trouble AND you'll have leftovers.
- Use fresh, frozen, or canned vegetables. If using canned carrots or mushrooms, drain well.
- Instead of thyme & garlic, you can use other herbs such as parsley, marjoram, or chives.
- If your family isn't ready for ALL brown rice, try mixing half white, half brown rice
- Instead of spinach, try kale, collard greens, beet greens, or mustard greens.
- Throw in some green beans or peas to boost the vegetable content.



### Make it a MyPlate Meal!

**Chicken & Broccoli Bake** is a good source of **protein**, **fiber**, & **vegetables**. The cheese adds some calcium, but not a full serving.

Complete your MyPlate Meal with a **dairy** item such as a glass of milk or a yogurt parfait for dessert. A side of **fruit** will incorporate ALL 5 food groups into one meal. Apples, grapes, or peaches would work well.

