

GRANDMA'S CHICKEN-N-RICE

An easy, Southern classic!

Servings: 4 Calories: 404 Sodium: 1,566mg*

Carb Count: 66g Protein: 25g Calcium: 66mg

INGREDIENTS & SUPPLIES

1 large can Chicken (or 8-12oz cooked, shredded chicken breast)
1 can Cream of mushroom soup
1 can Onion soup (or 1 packet dry onion soup mix & 1/2 cup water)
1 can Mushrooms
2 cans Peas (or 12-oz bag Frozen peas)
Rice (Use: 2 cups Instant rice OR 1 cup Regular rice OR 1 package broccoli-cheddar rice)
1 cup Water

9x13 Casserole
Colander
Wooden spoon
1 Cup measure
Can opener
Oven mitts

*Rinsing canned vegetables or swapping them for fresh or frozen can reduce sodium by 40% or more.



Mushrooms

Mushrooms contain many healthy vitamins, minerals, and antioxidants. These minerals help your bones and immune system stay healthy. The selenium in mushrooms helps prevent cell damage. Vitamin D in mushrooms helps with cell growth and promotes healthy skin. Furthermore, vitamin D can help reduce the risk of depression. Finally, mushrooms can help reduce sodium.

FEATURING...

DIRECTIONS

• MAKE SAUCE AND ASSEMBLE THE CASSEROLE.

- Preheat oven to 350 F.
- If using canned vegetables, use can opener to open cans of peas and mushrooms. Drain and rinse veggies in the colander to remove excess salt. (Frozen vegetables can be used as is.)
- Open can of chicken and press lid into chicken to drain water off meat.
- Pour all ingredients into casserole dish: Vegetables, chicken, cream of mushroom soup, Onion soup (can or packet), uncooked rice, and water.
- Use wooden spoon to stir carefully until combined.

• BAKE CASSEROLE.

- Put casserole into preheated oven
- Bake for 35-45 minutes if using instant rice, 1-1.5 hours for regular rice. Casserole is finished when rice is tender.

• FINISH!

- Once cooked, use oven mitts to remove the Grandma's Chicken-n-Rice from the oven. Let casserole cool for five minutes.
- Scoop Grandma's Chicken-n-Rice into bowls. Top with desired toppings and enjoy! Store any leftovers in an air-tight container in the refrigerator.

VARIATIONS...

Toppings

Shredded cheddar cheese
Diced green onions
French fried onions
Chopped fresh parsley

Swaps

Use frozen (or fresh) broccoli instead of peas.



Serve with:

Fresh (or canned) green beans and a green salad for dinner
- or - apple slices for lunch

Additional Suggestions

- Add 1/8th cup more water.
- Cook 1 hr, any longer & casserole may be dry.
- Add Salt, Pepper & Butter for more flavor.



Ingredients & Supplies



Stir & Combine all Ingredients



Drain & Rinse Veggies



Remove from Oven



Put all Ingredients in Dish



Top with French Fried Onions