

Recipe: Chicken and Rice Casserole

Yields: 6-8 servings Cook Time: 45 mins

TAPE & TAKE Recipe

Ingredients:

- 3 -4 boneless, skinless chicken breasts, cubed • 1 teaspoon seasoning salt • olive oil
- 2 teaspoons onion powder • 2 teaspoons garlic powder • 1 can (26oz) cream chicken soup
- 1 bag (26 oz) frozen mixed vegetables • 1 (10 3/4 oz) can cheese soup
- 3 cups instant rice, cooked • 2 cups shredded cheddar cheese

Directions:

Preheat oven to 350F. Add chicken to a large skillet with a few tablespoons of olive oil.
Cook chicken until done and white throughout. In a large bowl, mix together the rice, chicken,
cheddar soup and cream of chicken soup. Add in the garlic powder, onion powder and
seasoning salt. Stir well. Stir in frozen vegetables. (If you want the vegetables to have less
crisp, heat them up before adding them in). Stir in 1 cup cheese. Pour into 9x13 pan
Top with rest of cheese. Bake for 30 minutes until hot and the cheese has melted.



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Recipe: Chicken and Rice Casserole

Yields: 8-10 servings Reheat/Cook Time: 20 / 30 minutes

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To Bake:

Preheat oven to 350F. Bake for 30 minutes.

To Reheat:

Preheat oven to 325F. Cover with foil and bake for 30 minutes or until hot
OR cut into servings and reheat in microwave for 1-2 minutes



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