

# Cheesy Chicken, Broccoli and Rice Bake

**Makes:** 12 Servings

Our recipe uses ready-to-eat Cream of Mushroom soup as a base for other main dish meals, stews, sauces, or casseroles.

## Ingredients

**5 cups** water  
**2 1/2 cups** rice  
**1/4 cup** onion (chopped)  
**1/4 teaspoon** black pepper  
**1 clove** garlic  
**1 cup** milk  
**1 can** cream of mushroom soup  
**1/4 teaspoon** salt  
**2 cups** chicken shredded (cooked)  
**2 cups** broccoli pieces  
**3/4 cup** reduced fat cheddar cheese (grated)

## Directions

1. Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
3. Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.