

Cheesy Chicken Broccoli Bake

Makes: 50 servings

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Ingredients	Weight	Measure
Chicken, diced	50 oz	
Broccoli, raw		12 1/2 cup
Long grain, brown rice	4 1/4 lb	
Onions, raw		12 1/2 cup
Cumin, ground		5 Tbsp
Black pepper		1 1/2 Tbsp
Chili powder		2 Tbsp
Part-skim mozzarella cheese		9 cup
Chicken broth		4 1/2 cup
Water		12 1/2 cup
Salt		2 tsp
Canola oil		1 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	NA	
Total Fat		34.18%
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat		9.63%
Sodium	298 mg	

Directions

1. Boil water plus half the chicken broth in a large pot. Add brown rice. Cover and simmer over low heat for 30 minutes or until water is absorbed.
2. Heat canola oil in a large saute pan over medium high heat. Add diced onions, chopped broccoli, and spices until vegetables are tender (about 5 minutes).

3. Combine vegetables, chicken, brown rice, remaining chicken broth, and $\frac{2}{3}$ cup (or 6 cups) of the cheese in a 4-inch hotel pan. Sprinkle remaining $\frac{1}{3}$ cup (or 3 cups) of cheese on top and bake at 400F for 15 minutes. Serve hot.