Chicken and veggie béchamel casserole

I love cooking and I love hot food. What better time to have those than in fall and winter! Here is one of my all time favorite casserole made by my mom all those years ago.

Ingredients

Cauliflower

Broccoli

Chicken

Carrots

Cheese – mozzarella, or anything you want

Sauce

Béchamel sauce – Link to sauce here –

Or chicken can soup

Preparation

1. Preheat your oven to 350°F. Cut your vegetable in bite sized pieces and your chicken. Start the sauce if it’s the béchamel, try to do it a little more liquid than normal.

2. Cook your chicken until it had no more pink inside, for about 5-7 minutes. While the chicken is cooking grate the cheese. You can steam your vegetable if you don’t feel like waiting a long time in the oven.

3. Put your vegetables, your chicken into a glass safe oven pan. Cover everything with the béchamel sauce and stir to cover everything. Put the grated cheese on top and put everything in the oven for about 30-40 minutes. Check a little to see when the cheese will be golden.