

Chicken Broccoli Rice Casserole •

Ingredients

Chicken, cooked	1½ lb.	Sweet corn, canned	8 oz.
Rice, long-grain white	2 cups	Bay leaf	1
Neutral oil	2 tsp.	Rosemary, dried	1 tsp.
Chicken broth	4 cups	Sweet paprika	1 tsp.
Broccoli	1 head	MSG	¼ tsp.
Cream cheese	8 oz.	Garlic powder	½ tsp.
Onion, medium	1	Onion powder	½ tsp.
Garlic cloves	6-8	Nutmeg powder	pinch
Butter	6½ Tbsp.	Salt	1 tsp.
Flour	3 Tbsp.	Black pepper	½ tsp.
Milk	2 cups	Red pepper, crushed	¼ tsp.
Mushroom slices, canned	8 oz.	Crispy fried onions	¼ cup

Directions

Softens **cream cheese** at room temp and cube — Preheat oven to 375°F — Dice **chicken** — Dice **onion** — Mince **garlic** — Chop **broccoli** — Drain **corn** and **mushrooms** — Grease a 9×13 inch baking dish with $\frac{1}{2}$ Tbsp. **butter**

1. Cook **rice** al-dente using 2 cups **chicken broth** and a **bay leaf**. Stop your rice cooker 5 minutes early.
2. While rice cooks, bring a pot of salted water to boil. Blanch **broccoli** for *2 minutes*, then immediately strain in a metal colander rinsing with cold water. Drain well and transfer to a large bowl.
3. In a large skillet, melt 4 Tbsp. **butter** on medium heat. Add **oil** and **corn** and increase heat to medium-high to brown and caramelize the corn, about *5 minutes*. Add diced **onion** and cook until translucent, *5-10 minutes*. Add minced **garlic** and **mushrooms**, cooking for another *5 minutes*. Remove from heat.
4. In a large saucepan, melt 2 Tbsp. **butter**. Add **rosemary**, **paprika**, **MSG**, **garlic powder**, **onion powder**, **nutmeg**, **salt**, **black pepper**, and **red pepper**. Heat on medium, stirring constantly for *30 seconds*. Sprinkle **flour** over the butter/spice mixture using a whisk to combine. Cook, stirring constantly for *2 minutes*.
5. Gradually whisk in *2 cups* of **chicken broth**, then the **milk**. Heat and whisk constantly until bubbling and thickened. Add cubes of **cream cheese** and cut/whisk until melted and smooth. Remove from heat.
6. In a large bowl, combine and mix blanched **broccoli**, cooked **rice**, cooked **vegetables**, diced **chicken**, and **sauce**.
7. Transfer mixture to prepared baking dish and bake at 375°F for *20 minutes*. Remove from oven to sprinkle liberally with **crispy fried onions**, and bake another *10 minutes*. Rest *5-10 minutes* before serving.