

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

Soften **cream cheese** at room temp and cube; set aside in *Medium Bowl #1* — Preheat oven to 375°F — Dice **chicken**; set aside in *Large Bowl #1* — Dice **onion**; set aside in *Small Bowl #1* — Mince **garlic**; set aside in *Small Bowl #2* — Chop **broccoli**; set aside in *Medium Bowl #2* — Drain **corn** and **mushrooms**; combine in *Medium Bowl #3* — Grease a 9 inch \times 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 2 tsp. **oil** and **corn** (*Medium Bowl #3*) and increase heat to medium-high to brown and caramelize the corn, about 5 minutes. Add diced **onion** (*Small Bowl #1*) and cook until translucent, 5-10 minutes. Add minced **garlic** (*Small Bowl #2*) and **mushrooms** (*Medium Bowl #3*), cooking for another 5 minutes. Remove from heat and transfer to *Large Bowl #2*; set aside.
4. In a large saucepan, melt 2 Tbsp. **butter**. Add 1 tsp. **rosemary**, 1 tsp. **paprika**, $\frac{1}{4}$ tsp. **MSG**, $\frac{1}{2}$ tsp. **garlic powder**, $\frac{1}{2}$ tsp. **onion powder**, pinch **nutmeg**, 1 tsp. **salt**, $\frac{1}{2}$ tsp. **black pepper**, and $\frac{1}{4}$ tsp. **red pepper**. Heat on medium, stirring constantly for 30 seconds. Sprinkle 3 Tbsp. **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 2 cups **milk**. Heat and whisk constantly until bubbling and thickened. Add cubes of **cream cheese** (*Medium Bowl #1*) and cut/whisk until melted and smooth. Remove from heat and transfer to *Large Bowl #3*; set aside.

6. In *Large Bowl #4*, combine and mix blanched **broccoli** (*Medium Bowl #2*), cooked **rice**, cooked **vegetables** (*Large Bowl #2*), diced **chicken** (*Large Bowl #1*), and **sauce** (*Large Bowl #3*).
7. Transfer mixture to prepared baking dish and bake at 375°F for *20 minutes*. Remove from oven to sprinkle liberally with $\frac{1}{4}$ cup **crispy fried onions**, and bake another *10 minutes*. Rest *5-10 minutes* before serving.