

Chicken Broccoli Rice Casserole (Gluten-Free)

Ingredients

Long-grain white rice	2 cups	Canned mushrooms	8 oz. can
Chicken broth (for rice)	3 cups	Diced green chiles	4 oz. can
Cooked chicken, diced	1 lb.	Dried thyme	1 tsp.
Broccoli florets	8 oz.	Paprika	1 tsp.
Sharp cheddar cheese	8 oz.	MSG	½ tsp.
Cream cheese, softened	6 oz.	Garlic powder	½ tsp.
Onion, medium	1	Onion powder	½ tsp.
Garlic cloves	6-8	Ground nutmeg	¼ tsp.
Butter	4 Tbsp.	Salt	1 tsp.
Gluten-free flour	¼ cup	Black pepper	½ tsp.
Milk	2 cups		
Chicken broth	1 cup		

Directions

Preheat oven to *350°F* — Grease a 9x13 inch baking dish — Shred **sharp cheddar** — Dice **onion** — Mince **garlic** — Cut **broccoli** into florets — Drain **mushrooms** — Soften **cream cheese** at room temperature

1. Cook **rice** using **chicken broth** instead of water according to package directions.
2. While rice cooks, bring a pot of salted water to boil. Blanch **broccoli florets** for *2 minutes*, then immediately transfer to an ice bath. Drain well.
3. In a large saucepan, melt **butter** over medium heat. Add diced **onion** and cook until translucent, about *5 minutes*. Add minced **garlic** and drained **mushrooms**, cooking for another *2-3 minutes*.
4. Sprinkle **gluten-free flour** over the butter mixture and cook, stirring constantly, for *1-2 minutes*.
5. Gradually whisk in **milk** and **chicken broth**. Add **cream cheese** and stir until melted. Add **thyme**, **paprika**, **MSG**, **garlic powder**, **onion powder**, **nutmeg**, **salt**, and **pepper**. Simmer, stirring frequently, until sauce thickens, about *5 minutes*.
6. In a large bowl, combine cooked **rice**, blanched **broccoli**, diced **chicken**, **green chiles**, and sauce. Mix well.
7. Transfer mixture to prepared baking dish. Top with shredded **sharp cheddar**.
8. Bake for *25-30 minutes* until bubbly and cheese is melted.
9. Let stand for *5-10 minutes* before serving.