

Chicken Broccoli Rice Casserole •

Ingredients

Rotisserie chicken meat	1½ lb.	Sweet Corn, canned	8 oz.
Long-grain white rice	2 cups	Dried rosemary	1 tsp.
Chicken broth	4 cups	Paprika	1 tsp.
Broccoli	1 head	MSG	¼ tsp.
Cream cheese, softened	6 oz.	Garlic powder	½ tsp.
Onion, medium	1	Onion powder	½ tsp.
Garlic cloves	6-8	Ground nutmeg	pinch
Butter	4½ Tbsp.	Salt	1 tsp.
Flour	¼ cup	Black pepper	½ tsp.
Milk	2 cups	Red pepper, crushed	½ tsp.
Mushrooms, canned	8 oz.	Crispy fried onions	¼ cup

Directions

Soften **cream cheese** at room temperature — Preheat oven to 375°F — Debone bird by hand and dice meat — Dice **onion** — Mince **garlic** — Cut **broccoli** into florets — Drain **mushrooms** Grease a 9x13 inch baking dish with ½ Tbsp. butter —

1. Cook **rice** al-dente using 2 cups **chicken broth** instead of water. Stop your rice cooker 5 minutes early.
2. While rice cooks, bring a pot of salted water to boil. Blanch **broccoli florets** for *2 minutes*, then immediately strain in a metal colander rinsing with cold water. Drain well.
3. In a large saucepan, melt remaining **butter** over medium heat. Add diced **onion** and cook until translucent, about *5 minutes*. Add minced **garlic** and **mushrooms**, cooking for another *5 minutes*.
4. Sprinkle **flour** over the butter mixture and cook, stirring constantly, for *2 minutes*.
5. Gradually whisk in **milk** and 2 cups **chicken broth**. Add **cream cheese** and stir until melted.
6. Add **rosemary**, **paprika**, **MSG**, **garlic powder**, **onion powder**, **nutmeg**, **salt**, **black pepper**, and **red pepper**. Simmer *5-10 minutes* stirring frequently until sauce thickens .
7. In a large bowl, combine cooked **rice**, blanched **broccoli**, diced **chicken**, **corn**, and sauce. Mix well.
8. Transfer mixture to prepared baking dish. Top with **crispy fried onions**.
9. Bake at 375°F for *30 minutes*.
10. Let stand for *5-10 minutes* before serving.

Equipment Required

- Large saucepan for sauce
- Large mixing bowl (6+ quart)
- Box grater
- Colander
- Whisk

Mise en Place

- Soften **cream cheese** for *1 hour* before starting
- Debone chicken while cold for easier handling
- Have all measured ingredients grouped by cooking stage

Ingredient Tips

- Pre-shredded cheese won't melt as smoothly as freshly grated
- Full-fat dairy prevents sauce from breaking
- Choose plain canned **mushrooms**, not seasoned varieties

Preparation Tips

- Cook **rice** slightly al dente - it will continue cooking in casserole
- Whisk continuously when adding liquids to prevent lumps
- If sauce seems too thick, thin with warm **broth**

Make Ahead & Storage

- Can assemble *24 hours* ahead
- Add $\frac{1}{4}$ cup extra **broth** if refrigerated before baking
- Freezes well for up to *3 months*
- Thaw frozen casserole overnight in refrigerator
- Reheat covered at *350°F* until hot throughout, about *20 minutes*

Serving Suggestions

- Try crushed crackers on top for crunch