

YIELD: 6 SERVINGS

Broccoli Rice Casserole with Chicken

Broccoli rice casserole with chicken and cheese.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	1 hour 10 minutes	1 hour 25 minutes

Ingredients

- 3/4 cup brown rice*
- 1/4 cup wild rice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme leaves
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 large eggs
- 1 cup sour cream
- 2 cup grated extra-sharp cheddar cheese
- 2 cups leftover rotisserie chicken or turkey
- 10-ounce bag of frozen broccoli

Instructions

1. Preheat the oven to 400°, and spray an 8x8" square dish with cooking spray.
2. First, cook the brown rice and wild rice by combining it with 2 cups of water in a 2-quart sauce pan. Bring it up to a boil, then turn the heat to LOW. Cover and cook for 50 minutes, until the rice is done. After the timer is up on the rice, remove it from the heat and place a clean kitchen towel over the pan. Place the lid back on the pan. The rice is ready whenever you are.
3. Next, in a large bowl, combine the cooked rice, garlic powder, onion powder, thyme, salt, and pepper in a bowl. Stir very well.
4. Stir in the eggs, sour cream and 1 1/2 cups of the grated cheese, and the chicken. Stir very well. Finally, stir in the frozen broccoli (no need to defrost it first).
5. Pour the mixture into a greased 8x8" casserole pan, and top with the remaining 1/2 cup of grated cheese.



6. Bake for 18-20 minutes, until the cheese on top of the casserole is lightly golden brown.
7. Let cool for 5 minutes before serving.

Notes

*If you want to use all brown rice, use 1 cup of brown rice and omit the wild rice. Only use 1 cup of uncooked rice total.

Be sure to measure the cheese after grating.

Nutrition Information: **YIELD:** 6 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 634 TOTAL FAT: 42g SATURATED FAT: 21g
TRANS FAT: 1g UNSATURATED FAT: 15g CHOLESTEROL: 253mg SODIUM: 986mg
CARBOHYDRATES: 14g FIBER: 2g SUGAR: 2g PROTEIN: 50g



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