

Broccoli and Rice Chicken Casserole



Alyssa Rivers

Broccoli and rice chicken casserole is a delicious, easy, family-friendly dish! It is creamy and filled with flavors that perfectly complement each other! You will love it!

★★★★☆ 4 from 1 vote



PREP TIME
10 mins

COOK TIME
25 mins

TOTAL TIME
35 mins



COURSE
Dinner, Main Course

CUISINE
American



SERVINGS
6 people

CALORIES
564 kcal

INGREDIENTS

- 3 Tablespoons butter
- 1 small onion chopped
- 4 cups fresh broccoli florets
- 2 cups rice cooked
- 1 cup cheddar cheese
- 1 can cream of chicken soup OR homemade cream of chicken soup
- 1/2 cup sour cream
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 cups cooked chicken (roisserie chicken works great)

Topping:

- 1/2 cup Panko
- 2 Tablespoons parmesan
- 3 Tablespoons butter melted

INSTRUCTIONS

1. Preheat oven to 350 degrees. In a medium-sized saucepan add the butter and onion and sauté over medium-high heat until almost tender. Add in the broccoli and sauté until they start to soften about 3-4 minutes.
2. In a large bowl combine the broccoli and onion, rice, cream of chicken soup, sour cream, milk, salt, pepper, garlic powder, and chicken.
3. Spread evenly into a 9x13 inch casserole dish.

Topping:

1. Combine the Panko, parmesan, and butter. Sprinkle on top of casserole and bake for 20-25 minutes or until golden brown on top and heated through.

NUTRITION

Calories: 564kcal	Carbohydrates: 64g	Protein: 22g
Fat: 24g	Saturated Fat: 12g	Polyunsaturated Fat: 2g
Monounsaturated Fat: 7g	Trans Fat: 1g	Cholesterol: 84mg
Sodium: 805mg	Potassium: 511mg	Fiber: 3g
Sugar: 5g	Vitamin A: 1038IU	Vitamin C: 55mg
Calcium: 161mg	Iron: 2mg	

Broccoli and Rice Chicken Casserole <https://therecipecritic.com/chicken-broccoli-and-rice-casserole/>