

Cheesy Brown Rice, Broccoli and Chicken Casserole

- Prep Time 30 min
- Total Time 50 min
- Servings 6

1 bag (12 oz) Green Giant™ Steamers™ frozen broccoli florets

About 1/4 cup olive oil

1 lb boneless skinless chicken breast, diced into bite-size pieces

Salt and pepper, to taste

Red pepper flakes, as desired

1/2 onion, diced

1 clove garlic, finely chopped

2 tablespoons Gold Medal™ all-purpose flour

1 cup Progresso™ chicken broth (from 32-oz carton)

1/2 cup milk

1 1/2 cups cooked brown rice

1 1/2 cups shredded Cheddar cheese (6 oz)

3/4 cup Progresso™ plain panko crispy bread crumbs

1 tablespoon butter, melted



1. Heat oven to 400°F. Lightly grease 10-inch round baking dish with olive oil; set aside.
2. Microwave frozen broccoli on microwavable plate uncovered on High 4 minutes; set aside.
3. In 10-inch skillet, heat a few teaspoons of the olive oil over medium-high heat until hot. Add chicken, salt, pepper and red pepper flakes. Cook until golden on outsides and no longer pink in center. Remove chicken to plate. Add onion to the still-hot pan; season with salt, and cook until onion begins to soften and become translucent. Add garlic; cook 60 seconds. Add 2 tablespoons of the olive oil, followed by flour, and stir to make a roux. Cook the roux 1 to 2 minutes or until lightly golden. Gradually beat in the chicken broth with whisk, followed by the milk, and simmer until slightly thickened into a gravy.
4. Either in the skillet (if large enough), or a large mixing bowl, mix the chicken, gravy, broccoli, brown rice, and half of the cheese. Pour mixture into baking dish. In small bowl, mix bread crumbs and melted butter; add remaining cheese, and spread the mixture on top of casserole.
5. Bake about 20 minutes or until top is crisp and golden and casserole is bubbling around edges. Let sit a few minutes before serving.