



Chicken and Broccoli Bake

Ingredients

- 1 cup brown rice, cooked
- 1 pound chicken cooked and diced
- 1 12 oz package frozen broccoli, thawed
- 2 tablespoon butter
- $\frac{1}{4}$ cup flour
- 1 cup chicken broth
- $\frac{1}{4}$ cup parmesan cheese
- cooking spray

Flip for step-by-step
instructions





Instructions

1. Preheat oven to 350 degrees F.
2. Mix rice, chicken, and broccoli.
3. Melt butter over medium heat.
4. Add flour to melted butter and stir, lumps are normal.
5. Slowly add chicken broth to butter and flour mixture. Stir to remove lumps and until it thickens.
6. Add cheese to broth. Stir.
7. Pour broth mixture into rice mixture. Stir.
8. Transfer to sprayed baking dish and bake for 30 min.

Source: Alabama Cooperative Extension System