

## Chicken and Rice Casserole

### Ingredients

- ½ cup margarine (or butter)
- ½ cup flour
- 3 cups chicken bouillon (4 sachets if using powder)
- 2 cups milk
- 1-2 tsp salt (amount depends on saltiness of bouillon)
- 2 ¼ cups uncooked rice (if using wild, or brown rice, cook first)
- 4 cups cooked, cut-up chicken breast \*
- 1 cup finely chopped onion
- 1 cup coarsely chopped tomato
- ½ cup chopped red pepper
- 1 cup chopped green pepper
- 1 ½ cups sliced mushrooms

### Directions

- In medium large pot, melt butter.
- Whisk in flour until smooth.
- Add bouillon, milk, salt and pepper.
- Whisk briefly to blend.
- Add rice and cook over medium heat until sauce thickens, about 15 minutes.
- IMPORTANT - stir frequently to prevent rice from sticking.
- Remove from heat (rice will be crunchy) and add chicken.
- Transfer to casserole pan and add vegetables mixing well.
- Bake 40 minutes at 350 degrees.
- Cool, cover, label and freeze.

\*Note: To cut costs, and shorten preparation time buy skinless, boneless chicken breasts when on sale. Prepare as follows and freeze for later use.

- Cut chicken into small pieces (1/2 - 3/4 inch cubes)
- Heat a small amount of oil in frying pan and quickly cook chicken in small batches, until lightly browned on all sides. Do not over cook.
- Cool, package in 1 cup amounts (for quick thawing) and freeze.
- When ready to use, thaw just enough to separate pieces before adding to bouillon & rice mixture.

After freezing at home, take casserole, marked "Good Shepherd Centre" to the Ministry Centre before the 4<sup>th</sup> Monday of the month.

Questions: Call Eva Trace (416) 447-3040

Thank You!