

# Broccoli Chicken and Rice

## Ingredients

- 2 large (or 4 small) chicken breasts, diced
- 2 Tbsp olive oil
- 2 large heads fresh broccoli cut into florets
- 1 small onion, diced (optional)
- 1 cup sliced crimini mushrooms (optional)
- 1 tsp shredded ginger root (optional)
- 2 cloves pressed garlic (optional)
- 2 (10.75 ounce) cans condensed cream of broccoli soup (or chicken, mushroom, etc.)
- 1 cup milk
- 1 cup shredded cheese (cheddar or Colby-jack)
- 2 cups cooked brown rice

## Directions

### **Step 1**

Preheat oven to 450 degrees. Steam broccoli about 5-10 minutes, or until tender.

### **Step 2**

In a large pan, heat olive oil on medium heat. If using, add onions, garlic, and ginger root. Add diced chicken and cook thoroughly. When the chicken is nearly done cooking, add mushrooms and cook until tender. Season with salt and pepper to taste.

### **Step 3**

Place the steamed broccoli in an oven-safe casserole dish. Top with the cooked chicken and spread evenly.

### **Step 4**

In a bowl, mix the soup and milk. Pour over the broccoli and chicken, spread evenly, and top with cheese.

### **Step 5**

Bake in the preheated oven for 15 minutes or until bubbly and lightly brown. Serve over a bed of rice.