Chicken and Rice Casserole Serves 6-8

Ingredients

- 1 TBSP butter

- 1/2 small, tennis ball sized onion, diced

- 4-5 oz mushrooms, diced ~OR~ 1 cup diced celery

- 2 cups chicken broth

- 1/2 tsp onion powder

- 1 tsp mineral salt (This amount of salt is necessary when making this soup for the casserole. However, if you want to use this recipe to make cream of mushroom soup just for eating on it's own, reduce the salt to 1/2 a tsp.)

- 1/4 tsp pepper

- 1 TBSP nutritional yeast

- 1/4 cup half and half

- 1/4 cup Parmesan cheese

- 2 cups Greek yogurt

- 2 cups cooked brown rice

- 12 oz bag of riced cauliflower (fresh or frozen)

- 1 cup mixed vegetables (seriously anything you want; green beans, corn, peas, carrots, broccoli, etc. Just make sure they are small bite sized pieces. Canned or frozen work best. If you are using fresh veggies you may need to blanch them first.)

- 2 cups chicken breast, chopped (canned chicken breast will also work)

- 2 Wasa or Ryvita crackers or Joseph's low-carb pita (optional)

Instructions

- Heat oven to 350 degrees.

- Make soup mixture

- Melt butter in skillet over medium heat.

- Placed diced onions and mushrooms or celery in the pan.

- Saute for 10 minutes until tender and reduced in size.

- Add chicken broth, onion powder, salt, pepper and nutritional yeast and simmer for 2 minutes.

- Remove skillet from heat and stir in half and half and Parmesan cheese. At this point you can leave the mixture as is or use an immersion blender to blend the mixture smooth.

- Whisk in Greek yogurt.

- Spray a 9×13 baking dish with cooking spray

- Mix cooked rice and riced cauliflower together and spread in the bottom of the baking dish.

- Layer on your choice of vegetables

- Layer on the chicken

- Pour the soup mixture evenly over the casserole.

- Bake, uncovered for 35 minutes.

- Turn crackers or bread into crumbs (if using) by using a food processor. You may need to toast the bread if you are using it. After the casserole has cooked for 35 minutes sprinkle crumbs over the top and bake for another 10 minutes.