



SFC's Meal Guide: Microwaveable Chicken Casserole

This dish is mostly shelf-stable and you can get the ingredients here at the Food Shelf! It's an easy to make, delicious dinner to try.



Ingredients:

- 1-2 5 oz can chicken chunks, drained
- 1 4 oz can diced green chiles
- 1 10 oz can condensed cream of mushroom soup
- 2 cups shredded Cheddar cheese
- 2 tablespoons dried minced onion
- Salt and pepper to taste
- 1 ¼ cups water
- 2 cups instant rice

Items You'll Need:

- Can Opener
- Large Bowl
- Mixing Spoon
- 1 cup and 1/4 cup measuring cups
- Tablespoon
- 9x13 inch Casserole Dish (Microwave Safe)
- Plastic Wrap or Lid
- Microwave
- Plate/Teaspoon

Directions:

1. In a large bowl, combine the chicken, chiles, soup, cheese, onions, salt, pepper and water and pour the mixture into your casserole dish.
2. Add the rice and mix in. The mixture should be the consistency of soupy pancake batter.
3. Cover the dish with a lid or plastic wrap and microwave for about 15 minutes. Stop at 10 minutes to check the dish then continue microwaving until the rice is cooked through.

Enjoy!