

# Chicken Broccoli Rice Casserole

## Ingredients:

1/3 cup onion, chopped finely  
1 tablespoon minced garlic  
3 tablespoons gluten free 1:1 flour  
1 1/2 cups unflavored dairy-free milk (I use Ripple)  
3/4 cup light mayo  
4 cups cooked chicken, shredded or cubed  
3 cups cooked rice  
3 cups chopped broccoli, uncooked  
Juice of 1/2 lemon  
1 cup oats  
2 tablespoons dairy free butter, melted  
2 tablespoons oil (I use coconut)  
2 teaspoons salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
1 tablespoon Italian seasoning  
1 tablespoon everything but the bagel seasoning (you can omit this and use a different seasoning if you don't keep it on hand)

## Directions:

1. If you need to cook the chicken, I recommend boiling it in a pot of water as this is the best way to get moist chicken that shreds easily.
  2. Place coconut (or your preferred) oil, onion, and minced garlic in a pot and cook over medium-high heat until onions become translucent, about 2-3 minutes.
  3. Add flour and whisk for 1-2 minutes. Slowly add milk, 1/2 cup at a time. Allowing the mixture to bubble up before adding more.
  4. Stir in mayo, lemon juice, salt, pepper, garlic powder, and the italian seasoning until combined.
  5. Add cooked chicken, rice, and broccoli to the pot and mix until combined.
  6. Transfer mixture into a greased 9x13 pan.
  7. In a small bowl mix melted butter, oats, and preferred seasoning until combined.
  8. Cover the pan with oat mixture and bake at 350 degrees for 30-35 minutes, or until broccoli is tender.
- We love topping this with a little hot sauce for a little extra punch! I could put hot sauce on just about anything. Cholula or bust!