



Chicken and Rice Casserole

Description

On busy weeknights, when work has drained every ounce of my energy, there's nothing quite like a quick and comforting meal that practically cooks itself. This No Peek Chicken Rice Casserole is a delightful throwback to my childhood dinners, and it's a lifesaver for anyone juggling a hectic schedule. Originating as a staple in many Midwest households, it's a fuss-free, hearty dish that promises a warm, satisfying dinner without the need for constant attention. Its name comes from the main rule: once it's in the oven, you just can't peek!

This casserole pairs wonderfully with a simple side salad and some steamed vegetables, which add a refreshing crunch and balancing nutrients to the meal. If you're feeling extra indulgent, serve it with some warm, crusty bread to soak up the delicious sauce. And, if you have a bit more time, roasted green beans or sautéed spinach are great complements as well.

- No Peek Chicken Rice Casserole
- Servings: 4-6 servings

Ingredients

- 1 cup long grain white rice
- 1 (10.5 oz) can of cream of mushroom soup
- 1 (10.5 oz) can of cream of celery soup
- 1 (10.5 oz) can of cream of chicken soup
- 1 1/2 cups of water
- 4 boneless, skinless chicken breasts
- 1 envelope of onion soup mix

Salt and pepper to taste

Directions

Preheat your oven to 350°F (175°C).

Lightly grease a 9—13 inch baking dish.

In the prepared dish, combine the rice, cream of mushroom soup, cream of celery soup, cream of chicken soup, and water. Stir well to mix.

Season the chicken breasts with salt and pepper and place them on top of the rice mixture.

Sprinkle the onion soup mix evenly over the chicken and rice.

Cover the dish tightly with aluminum foil. Remember, no peeking once it's in the oven!

Bake in the preheated oven for approximately 1 1/2 hours, or until the chicken is cooked through and the rice is tender.

Remove from the oven and let it sit for a few minutes before serving.

Variations & Tips

This recipe is endlessly adaptable! For a bit more color and nutrition, consider adding a cup of mixed frozen vegetables to the rice mixture before baking. If you prefer a different protein, boneless, skinless chicken thighs work just as well and stay incredibly moist. For an extra comforting touch, top the casserole with shredded cheese in the last 10 minutes of baking, letting it melt to golden perfection. And for a slightly different flavor profile, swapping one of the cream soups for cheddar cheese soup can add a delightful twist.

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