

Creamy Chicken & Rice Bake

A thrifty and hearty baked dinner the whole family will love

Serves 4

1 small green pepper, diced

1 small yellow onion, diced

3 tablespoons butter or oil

1 cup white rice

2 cups chicken broth (canned or made with bouillon cubes)

1 x 12.5 oz can chicken, undrained

1 can cream of mushroom soup

1/4 teaspoon black pepper

Optional: grated cheese

Preheat oven to 350 degrees.

Heat butter or oil in a frying pan over medium-high heat. Add green pepper and onion. Cook 3-5 minutes, stirring occasionally until vegetables are soft.

Add rice and cook for a minute or two, stirring often.

Reduce heat to medium-low, add chicken broth and simmer for 10 minutes.

Pour rice mixture into a buttered 6-cup casserole dish. Stir in canned chicken and its liquid, mushroom soup and black pepper.

Cover with a casserole lid or foil to seal.

Bake 45 minutes until the broth has been absorbed into the rice.

Serve warm, topped with grated cheese if you like.

Note: You can substitute ½ cup green peas for the green pepper if you prefer. Simply stir canned or frozen peas into the casserole 5 minutes before it finished cooking, cover and return to the oven to warm through.