



# Chicken Soup Casserole

## Ingredients

2 TBSP olive oil  
1 cup mushrooms, sliced  
1 yellow onion, chopped  
4 cloves of garlic, minced  
3 stalks of celery, chopped  
3 carrots, peeled and chopped  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 cup flour  
1/3 cup non-dairy milk  
1.5 cups rice  
1 cup frozen peas  
1 pound chicken, cooked and cubed  
3 cups chicken broth

## Directions:

1. Preheat oven to 375 F; Add olive oil to a pot over medium-high heat; Sauté vegetables; Add seasonings
2. Sprinkle flour over; mix until coated; Add milk, stirring constantly; Allow to thicken; Remove from heat
3. Add rice, frozen peas, and cooked chicken to casserole dish; Pour in vegetables followed by broth; Season with salt and pepper; Mix
4. Cover the dish with foil; Bake for 30 min; Remove foil; Bake for another 39 min
5. Remove from oven; Allow to cool and thicken; Enjoy!

## Equipment

Large pot  
Casserole dish

Cost: \$ \$

Ease: 

**Health Benefit:** Chicken is a great source of complete protein to support strong bones. Vegetables like mushrooms, onions, garlic, and celery antioxidants that promote overall health and prevent disease. Carrots contain vitamin A to support healthy vision.

Fare  Meals  
by Arielle