

## Chicken wild rice hotdish



Recipe credit

[Adapted from the United States Department of Agriculture's Chicken and Rice Casserole](#)

### **About this recipe**

Serves

8

Serving size

1/8 of prepared recipe

Time to make

10 minutes preparation; 60 minutes cook time

# Ingredients

- Shortening or non-stick cooking spray
- 4 cups cooked chicken, chopped
- 4 cups cooked wild rice
- 1 10.5-ounce can low-sodium cream of mushroom soup
- 1 10.5-ounce can low-sodium chicken broth or water
- 1 small onion, chopped

# Directions

1. Preheat oven to 350 degrees F.
2. Grease a baking dish.
3. Mix all ingredients and pour into baking dish.
4. Bake for 1 hour.
5. Refrigerate leftovers.

# Tips and variations

- Use 1 pound ground beef instead of chicken. Rinse and brown the beef before adding.
- Add cooked chopped kale, spinach, broccoli, or other vegetables to increase the nutritional value.
- Experiment with adding different herbs, adding 1 1/2 teaspoon dried parsley, thyme, marjoram, etc.

# Nutritional info

Calories

241

Total fat

5 g

Saturated fat

1.4 g  
Cholesterol  
47 mg  
Sodium  
171 mg  
Total carbohydrates  
30 g  
Dietary fiber  
1 g  
Protein  
19 g  
Total sugar  
1.3 g

## **View other recipe categories**

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)