

CHICKEN BROCCOLI ALFREDO CASSEROLE

Serves 6-8

INGREDIENTS

- 4 cups cooked, shredded chicken
- 2 Tbls. olive oil
- 2 heads broccoli, cut into florets
- 1 small pack mushrooms, sliced
- ½ onion, diced
- 1 cup bone broth
- 1 jar Alfredo sauce*
- Salt, pepper & rosemary to taste
- Optional: 2 cups precooked wild rice
- Optional: ½ - 1 cup shredded parmesan cheese



INSTRUCTIONS

1. Preheat oven to 400F.
2. Heat oil in a large skillet and add in onion for 1-2 minutes, then mushrooms for 2-3 minutes, then broccoli for another 3-5 minutes until all are softened.
3. Spray a 9x13 casserole dish with oil and add in the shredded chicken over the bottom. Pour cooked veggies over the top.
4. **If using, add in pre-cooked wild rice at this point.
5. Whisk together alfredo sauce and broth, then pour mixture over the top and make sure everything is coated.
6. Bake for 20-25 minutes. If desired, change oven to broil, add parmesan cheese over top and broil for 3-5 minutes before serving.

NOTES

- You can absolutely use frozen broccoli &/or mushroom blends for faster prep.
- You can also make your own homemade alfredo sauce with cashews and nutritional yeast but that would need to be made ahead of time.