



# EAT. MOVE. SAVE.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND  
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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## Cheesy Chicken Rice Hotdish

Recipe adapted from University of Minnesota Extension

### Ingredients:

1 cup uncooked brown rice  
1 cup onion, diced  
1 (10.5 ounces) can cream of chicken soup  
1 cup of milk  
½ teaspoon black pepper  
½ teaspoon garlic powder  
2 cups frozen vegetables  
20 ounces canned of chicken  
½ cup shredded cheddar cheese

### Directions:

Time needed: 20 minutes of preparation,  
30 minutes of cook time

1. Heat the oven to 375 degrees.
2. Cook rice.
3. In a large bowl, mix together onion, cream soup, milk, pepper, and garlic.
4. Stir in the chicken, cooked rice and frozen vegetables.
5. Pour the mixture into a 13 x 9-inch pan.
6. Bake for 30 minutes.
7. Top with cheese and serve.

SERVES  
**4-6**