

Cheesy Chicken and Wild Rice Casserole

Yield: 9 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/wild-rice-recipe-indian-style>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 onion medium, finely diced
- 3 stalks celery finely diced
- 3 carrots peeled and diced
- 2 tablespoons minced garlic fresh
- 2 cups chicken breast shredded, cooked
- 2 cups white rice steamed
- 16 ounces wild rice prepared, I get mine at Trader Joes, LOVE it
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic salt
- sauce Cheese
- 4 tablespoons butter
- 1/4 cup all purpose flour
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cups chicken broth
- 2 cups shredded cheddar cheese
- 1 1/2 cups shredded cheddar cheese

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 5 grams
6. Protein: 30 grams

7. SaturatedFat: 14 grams
 8. Sodium: 780 milligrams
 9. Sugar: 5 grams
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