

Wild Rice Chicken Supreme
RECIPE

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<?xml version="1.0"?>

TIME

45 min

INGREDIENTS

13 items

MAKES

6 servings

A tasty, mouth-watering rice and chicken casserole.

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INGREDIENTS

- 1 box Ben's Original™ Long Grain & Wild Rice, Original Recipe
- 3 Tablespoons butter, unsalted
- 1/2 cup onion, chopped
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper

- 1 cup 2% Milk
- 1 cup chicken broth, low sodium
- 2 cups chicken breast meat, cooked and chopped
- 2 cups red bell pepper, diced
- 1/2 cup fresh parsley, chopped
- 1/4 cup almonds, slivered
- 1/2 cup panko breadcrumbs

PRODUCTS USED



BEN'S ORIGINAL™ Long Grain & Wild Rice Original Recipe

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INSTRUCTION

- 1
Preheat oven to 425°F.
- 2
Cook rice and contents of seasoning packet according to package directions.
- 3
While rice is cooking, melt the butter in a large saucepan. Add onion and red bell pepper, cook over low heat until tender. Stir in flour, salt and pepper.
- 4
Gradually stir in milk and broth. Cook, stirring constantly, until thickened.
- 5
Remove from heat, stir in chicken, parsley, almonds, and cooked rice.
- 6
Pour into a 2-quart baking dish, top with panko bread crumbs, and bake for 20 minutes uncovered.

NUTRITION

- CALORIES: 380
- TOTAL FAT: 17g - 22%
- SATURATED FAT: 6g - 30%
- TRANS FAT: 0g
- CHOLESTEROL: 60mg - 20%
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 36g - 13%
- DIETARY FIBER: 2g - 7%
- TOTAL SUGARS: 6g
- PROTEIN: 22g"

Categories:

[Bake](#), [Long Grain & Wild](#), [Flavored Grains](#), [Family-Friendly](#), [Chicken](#), [45 Minutes or More](#)

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Cooking time

7 min

Ingredients

4 items

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[Garlic Chicken & Rice Recipe](#)

Cooking time

20 min

Ingredients

13 items

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[Long Grain & Wild Rice Soup](#)

Cooking time

30 min

Ingredients

11 items

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