

Betty's Parmesan Chicken Casserole with Wild Rice Recipe



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In this video, Betty demonstrates how to make her delectable Parmesan Chicken Casserole with Wild Rice recipe. This is not your typical "chicken and rice recipe." This one sings with flavor!

Ingredients:

2 lb uncooked chicken breasts or chicken breast strips
10 3/4 oz. can condensed cream of mushroom soup
10 3/4 oz. can condensed cream of celery soup
10 3/4 oz. can condensed cream of chicken soup
2 cups milk
1 stick margarine (cut into chunks)
1 box Uncle Ben's long grain and wild rice (fast cooking recipe)
grated Parmesan cheese to taste (I use about 1/2 can Kraft fat free grated Parmesan cheese)
Cooking spray, if desired

Mix the three cans of soup with 2 cups of milk and 1 stick of margarine in a saucepan. Place the saucepan over low heat as you work on the chicken. Stir the soup mixture occasionally. Now, remove all extra fat, skin, and gristle from the chicken and discard it. Cut the uncooked chicken breast meat into bite-sized chunks (or cubes). When the soup mixture is hot and smooth, start assembling your casserole. Use a large oven-proof casserole dish. I use a 10.5 inch by 14.75 inch by 2.25 inch Pyrex dish. If you don't have an oven-proof dish this large, make two casseroles with smaller oven-proof dishes and cook for a shorter time. Spray the baking dish with cooking spray, if desired. This is not necessary, because there is enough fat in the sauce from the margarine, but it might make serving a little easier. Now, pour one-half of the soup mixture into the bottom of the baking dish. Lightly and evenly sprinkle the long grain and wild rice over the top of the soup mixture. (You may set aside the seasoning mixture that comes with the box of rice. It will not be used in this recipe.) Next, place the chunks of uncooked chicken breast evenly over the top of the rice. Now, pour the remaining soup mixture over the top of the chicken chunks. Finish off the casserole by generously sprinkling the top with Parmesan cheese. It is important that you sprinkle plenty of the Parmesan cheese. Bake the casserole in an oven that has been preheated to 350 degrees. (I cover the casserole with aluminum foil, bake for about 1 hour, then remove the foil and brown the top for about 15 minutes.) You may omit the aluminum foil and cook the casserole for 1 hour and 15 minutes; it won't be quite as saucy. Serve while hot. I assure you that this will become one of your go-to entrees! It's terrific!!!