

Sue's Chicken & Broccoli Casserole (Unmeasured Scoop)

Ingredients

4 c shredded chicken
2 c diced celery
2 c chopped broccoli florets
4 c cooked brown rice (this was 2 c uncooked for my rice)
2 c (16oz) light sour cream
2 Tbs onion powder
4 Tbs olive oil
1/2 tsp salt
1/2 tsp pepper

For homemade cream of chicken soup (Buns in My Oven):

1 Tbs flour
3 Tbs butter
1/2 c chicken broth
1/2 c milk

For topping:

2 c crushed cornflakes
1 c sliced almonds
4 Tbs butter

Instructions

Preheat oven to 350. Drizzle chicken breasts with olive oil and season with salt and pepper. Cook for 25 minutes. While chicken is cooking, cook brown rice according to directions and set aside. Chop up broccoli and celery. Heat pan with olive oil over medium heat. Throw in celery and broccoli and cook for 8 minutes, stirring so broccoli does not burn. Remove from heat and set aside. In small saucepan, melt 3 Tbs butter over medium heat, whisk in flour and bring to slight boil. Remove from heat and slowly whisk in chicken broth and milk. Return to heat and bring back up to a boil stirring constantly. Remove from heat, season with salt and pepper and set aside. Once chicken is done cooking, shred it. I do this in my standing mixer. In a large bowl combine chicken, rice, broccoli, celery, sour cream, cream of chicken soup, onion powder and 1/2 tsp salt and pepper. Transfer mixture to greased 8x8 pan. In separate bowl melt 4 Tbs butter, mix in cornflakes and sliced almonds and combine so butter coats all flakes and almonds. Sprinkle mixture over top of casserole and bake at 350 degrees for 35 minutes.

Southwest Egg Casserole (Unmeasured Scoop)

Ingredients

1/2 c salsa + extra for serving
1 c shredded cheddar cheese
1 c shredded mozzarella cheese

8 oz light sour cream
1 c chopped fresh spinach (optional)
1 bundle of cilantro
8 eggs

Instructions

Preheat oven to 350 degrees. Pour 1/2 of salsa into lightly greased 9 inch quiche or pie plate. Sprinkle cheeses over salsa. Place eggs in blender and blend for 1 minute. Pour in sour cream and spinach and blend for another minute. Pour on top of cheese and bake for 30-35 minutes until set. Serve with additional salsa and sprinkle with chopped cilantro.

Crock-Pot Santa Fe Chicken (Chef in Training)

Ingredients

1 1/2 pounds [chicken](#)
1 (14.4 oz) can [diced tomatoes with mild green chilies](#)
1 (15 oz) can [black beans](#)
8 oz [frozen corn](#)
1/4 cup [fresh cilantro](#) *chopped*
1 (14.4 oz) can [chicken broth](#)
3 [scallions](#) *chopped*
1 tsp. [garlic powder](#)
1 tsp. [onion powder](#)
1 tsp. [cumin](#)
1 tsp. [cayenne pepper](#)
- TT [salt and pepper](#)

Instructions

Combine chicken broth, beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the crock pot. Season chicken breast with salt and lay on top. Cook on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Adjust salt and seasoning. Serve over rice (I use brown)

Harvest Quinoa Soup (Iowa Girl Eats)

Ingredients

1 Tablespoon extra virgin olive oil
1 carrot, chopped (1/2 cup)
1 rib celery, chopped (1/2 cup)
1/2 medium onion, chopped (1/2 cup)
salt & pepper

4 cups torn kale
1 garlic clove
8 cups chicken broth, divided
1 teaspoon parsley flakes
1/2 teaspoon dried thyme
1 bay leaf
2" parmesan cheese rind (optional)
2 large chicken breasts (about 1lb), cut in half
1 large sweet potato, peeled and chopped into 1/2" cubes (2 cups)
1 large russet potato, peeled and chopped into 1/2" cubes (1-1/2 cups)
2/3 cup quinoa, rinsed and drained

Instructions

Heat oil in large soup pot over medium heat. Add carrot, celery, and onion, season with salt and pepper, then saute until tender, about 10 minutes. Add kale and garlic, season with more salt and pepper, then saute for 2 more minutes. Add 7 cups chicken broth, parsley flakes, dried thyme, bay leaf, and parmesan cheese rind (if using), then bring to a boil.

Add chicken breasts to the pot then cook for 10 minutes, or until no longer pink in the center. Remove to a plate then add sweet potato, russet potato, and quinoa to boiling broth. Place a lid on top, lower heat to medium, then cook for 10 minutes or until potatoes are tender and quinoa is cooked. Meanwhile shred chicken.

Add shredded chicken back to the soup, remove bay leaf, then add parmesan cheese and stir to combine. Taste and add more salt & pepper if necessary. Serve topped with additional parmesan cheese, if desired. Use remaining 1 cup chicken broth to add when reheating soup, as quinoa will absorb much of the broth as it cools.

Spaghetti & Zucchini Squash Bake (Unmeasured Scoop)

Ingredients

3 c spaghetti squash
2 medium zucchini squash
2 c marinara
3 c shredded mozzarella cheese
1 Tbs oregano
1 Tbs basil

Instructions

Preheat oven to 425 degrees. Place spaghetti squash on aluminum foil and bake for 45-60 minutes. Remove from oven and slice length wise, scoop out seeds. Scoop out spaghetti squash and place in bowl. Set aside. Grease a 3 qt baking dish and bring oven

down to 350 degrees. Spread 1 c marinara in bottom of baking dish. Layer 1 lengthwise sliced zucchini over top of marinara followed by 1 1/2 c spaghetti squash, and 1 1/2 c shredded mozzarella. Follow by another cup of marinara, the other sliced zucchini, 1 1/2 c spaghetti squash and 1 1/2 c shredded mozzarella. Sprinkle oregano and basil on top of lasagna and bake at 350 for 30 minutes.