

Chicken and Veggie Casserole

Ingredients

- ½ cup chopped onion
- 3 tablespoons butter
- ¼ cup all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon dried thyme
- ¼ teaspoon black pepper
- 2 cups milk
- 1 (16 ounce) package frozen mixed vegetables, thawed.
- 2 cups cooked brown or white rice.
- 3 cups cooked, diced, chicken or turkey.
- ½ cup shredded Parmesan (or cheddar) cheese.

Directions

Step 1

Preheat oven to 350 degrees F. In a large skillet, stir onion in hot butter over medium heat until tender. Stir in flour, salt, thyme, and black pepper.

Slowly stir in milk; cook and stir until thickened and bubbly. Stir in thawed mixed vegetables, cooked rice, and cooked, diced chicken (turkey), and 1/4 cup of the cheese.

Step 2

Spoon mixture into a greased rectangular baking dish. Sprinkle with remaining cheese. Bake, covered, 20 minutes. Uncover and bake about 10 minutes more or until heated through.