

## The 45-Minute Chicken & Broccoli Rice Bake That Will Be Your New Weeknight Go-To

? The Ultimate Creamy Cheddar Chicken and Broccoli Bake: Easy One-Pan Comfort



**TIME**  
**15 min**

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**ChefManiac**

### INGREDIENTS

? Swaps and Notes:

**Rice:** Don't have cooked rice? Quinoa or small pasta like orzo or macaroni can be used, though you may need to adjust the liquid slightly.

**Chicken:** Swap the chicken for leftover turkey, or for a seafood twist, try cooked shrimp. If you're a fan of Southern comfort, consider making a batch of my [Classic Spaghetti Recipe with Homemade Sauce](#) instead for another easy dinner.

**Broccoli:** Feel free to add in or substitute with other hearty vegetables like frozen peas, chopped carrots, or green beans.

**Cheese:** Gruyère, Monterey Jack, or a Colby-Jack blend all melt beautifully and offer a slightly different flavor profile.

**Soup Substitute:** If you prefer to avoid the canned soup, you can make your own cream sauce using butter, flour, chicken broth, and milk, seasoned with a pinch of nutmeg.

? Step-by-Step Instructions:

**Preheat & Prep:** Preheat the oven to 375°F (190°C). Lightly grease a 9x13 inch baking dish.

**Combine Solids:** In a large bowl, combine the 2 cups of cooked rice, 2 cups of shredded chicken, and all of the broccoli florets. Set aside.

**Make the Creamy Sauce:** In a separate medium bowl, whisk together the 1 cup of shredded cheddar cheese, the cream of chicken soup, milk, sour cream, garlic powder, and onion powder. Season this

mixture generously with salt and pepper.

**Mix Everything:** Pour the creamy soup mixture over the rice, chicken, and broccoli mixture in the large bowl. Use a spatula to combine everything thoroughly, ensuring the chicken and vegetables are evenly coated in the sauce.

**Bake:** Transfer the entire mixture to the prepared baking dish. Spread it into an even layer. Sprinkle the remaining 1/2 cup of cheddar cheese over the top for a golden crust.

**Rest & Serve:** Bake for 25-30 minutes, or until the casserole is bubbly around the edges and the cheese topping is melted and golden brown. Remove from the oven and let it rest for 5-10 minutes before serving. This allows the sauce to set up nicely.

? Tips for Success:

**Pre-Cook the Broccoli:** For a slightly softer texture, quickly blanch your broccoli florets in boiling water for 1-2 minutes before adding them to the mixture. This ensures they are tender-crisp, not hard.

**Don't Overbake:** Once the cheese is melted and the edges are bubbling, it's done. Overbaking can dry out the rice and make the sauce too thick.

**Use Hot Rice:** If you're cooking rice specifically for this recipe, use it while it's still warm. Warm rice tends to mix and absorb the sauce better than cold rice.

**Crowd-Pleaser Option:** If you are looking for other fast ways to feed a crowd, you might want to try my recipe for These Sheet Pan Quesadillas are my favorite way to feed a crowd fast.

? Serving Suggestions and Pairings:

**Fresh Green Salad:** A simple side salad with a bright vinaigrette helps cut the richness of the cheese sauce.

**Crusty Bread:** Perfect for soaking up every last bit of the creamy sauce. Try a baguette or sourdough.

**Soup Pairing:** For a truly cozy meal, serve alongside a light, brothy soup, maybe a simple vegetable or minestrone. For a heartier alternative, my This Cajun Chicken Sausage Gumbo is my favorite bowl of Southern Comfort would pair beautifully.

**Dessert:** Follow up this savory classic with a comforting dessert like These Pecan Pie Bars are my favorite make-ahead holiday dessert or for something easier, try This Brownie Batter Dip is my favorite no-bake dessert for instant chocolate cravings.

? Nutritional Information Per Serving:

Calories: 350 kcal

Protein: ~30g

Fat: ~15g

Carbohydrates: ~25g

? Storage and Leftover Tips:

To Store: Allow the casserole to cool completely. Cover the baking dish tightly with foil or plastic wrap, or transfer individual portions to airtight containers. It will keep in the refrigerator for up to 3-4 days.

To Reheat: For a single serving, place a portion in a microwave-safe bowl and heat for 1-2 minutes, or until warmed through. For the entire casserole, cover it with foil and bake in a 350°F oven for 15-20 minutes, or until hot. Add a splash of milk or broth before reheating if it looks dry.

Freezing: You can freeze this bake! Prepare the recipe up to the point of baking, cover it tightly with two layers of plastic wrap and one layer of foil, and freeze for up to 3 months. Thaw overnight in the refrigerator and then bake as directed.

? More Recipes You Will Love:

Classic Spaghetti Recipe with Homemade Sauce

These Pecan Pie Bars are my favorite make-ahead holiday dessert

## DIRECTIONS

1. Prep : Time: 15 minutes | Cooking Time: 30 minutes | Total Time: 45 minutes Servings: 6 | Kcal: 350 kcal per serving
2. Preheat & : Prep: Preheat the oven to 375°F (190°C). Lightly grease a 9x3 inch baking dish.
3. Combine : Solids: In a large bowl, combine the 2 cups of cooked rice, 2 cups of shredded chicken, and all of the broccoli florets. Set aside.
4. Make the : Creamy Sauce: In a separate medium bowl, whisk together the 1 cup of shredded cheddar cheese, the cream of chicken soup, milk, sour cream, garlic powder, and onion powder. Season this mixture generously with salt and pepper.
5. Mix : Everything: Pour the creamy soup mixture over the rice, chicken, and broccoli mixture in the large bowl. Use a spatula to combine everything thoroughly, ensuring the chicken and vegetables are evenly coated in the sauce.
6. Bake: Transfer the entire mixture to the prepared baking dish. Spread it into an even layer. Sprinkle the remaining 1/2 cup of cheddar cheese over the top for a golden crust.
7. Rest & : Serve: Bake for 25-30 minutes, or until the casserole is bubbly around the edges and the cheese topping is melted and golden brown. Remove from the oven and let it rest for 5-10 minutes before serving. This allows the sauce to set up nicely.
8. ? Tips for Success: Pre-Cook the Broccoli: For a slightly softer texture, quickly blanch your broccoli florets in boiling water for 1-2 minutes before adding them to the mixture. This ensures they are

tender-crisp, not hard.

9. Don't : Overbake: Once the cheese is melted and the edges are bubbling, it's done. Overbaking can dry out the rice and make the sauce too thick.
10. Use : Hot Rice: If you're cooking rice specifically for this recipe, use it while it's still warm. Warm rice tends to mix and absorb the sauce better than cold rice.
11. Crowd-: Pleaser Option: If you are looking for other fast ways to feed a crowd, you might want to try my recipe for These Sheet Pan Quesadillas are my favorite way to feed a crowd fast.
12. ? Serving Suggestions and Pairings: This casserole is a complete meal, but you can elevate the experience with a few simple sides:
13. Fresh : Green Salad: A simple side salad with a bright vinaigrette helps cut the richness of the cheese sauce.
14. Crusty : Bread: Perfect for soaking up every last bit of the creamy sauce. Try a baguette or sourdough.
15. Soup : Pairing: For a truly cozy meal, serve alongside a light, brothy soup, maybe a simple vegetable or minestrone. For a heartier alternative, my This Cajun Chicken Sausage Gumbo is my favorite bowl of Southern Comfort would pair beautifully.
16. Dessert: Follow up this savory classic with a comforting dessert like These Pecan Pie Bars are my favorite make-ahead holiday dessert or for something easier, try This Brownie Batter Dip is my favorite no-bake dessert for instant chocolate cravings.
17. ? Nutritional Information Per Serving: Based on 6 servings, the estimated nutritional breakdown is:
18. Calories: 350 kcal
19. Protein: ~30g
20. Fat: ~15g
21. Carbohydrates: ~25g
22. Note: These are estimates and will vary based on the specific ingredients and portion sizes used.
23. ? Storage and Leftover Tips: This casserole makes excellent leftovers and is perfect for meal prepping.
24. To Store: Allow the casserole to cool completely. Cover the baking dish tightly with foil or plastic wrap, or transfer individual portions to airtight containers. It will keep in the refrigerator for up to 3-4 days.
25. To Reheat: For a single serving, place a portion in a microwave-safe bowl and heat for 1-2 minutes, or until warmed through. For the entire casserole, cover it with foil and bake in a 350°F oven for 15-20 minutes, or until hot. Add a splash of milk or broth before reheating if it looks dry.

## SWAPS & NOTES

Cooked Rice 2 cups Long-grain white rice or brown rice works best.

Cooked Chicken, shredded 2 cups Rotisserie chicken or baked

chicken breasts are great time-savers.

Broccoli, cut into florets 1 head Fresh is best, but frozen (thawed and drained) is an easy substitute.

Cheddar Cheese, shredded 1 cup Use sharp cheddar for the best

flavor.

### TIPS FOR SUCCESS

**Pre-Cook the Broccoli:** For a slightly softer texture, quickly blanch your broccoli florets in boiling water for 1-2 minutes before adding them to the mixture.

This ensures they are tender-crisp, not hard.

**Don't Overbake:** Once the cheese is melted and the edges are bubbling, it's done.

Overbaking can dry out the rice and make the sauce too thick.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-45-minute-chicken-broccoli-rice-bake-that-will-be-your-new-weeknight-go-to/>