

■ Shelf-Stable Chicken Casserole

Ingredients

- 1 1 can chicken (with juice)
- 2 1 can cream of chicken soup
- 3 1 can mixed vegetables (drained)
- 4 1 cup instant rice
- 5 ½ cup shelf-stable milk (or ½ cup water if milk isn't available)
- 6 ½ teaspoon garlic powder
- 7 ½ teaspoon onion powder
- 8 Salt and pepper packets (to taste)
- 9 1 small can fried onions or a handful of crushed crackers (for topping)

Instructions

- 1 In a medium bowl or foil pan, combine canned chicken, cream of chicken soup, mixed vegetables, instant rice, milk (or water), and all seasonings.
- 2 Stir until everything is well mixed.
- 3 Cover loosely with foil or a lid and bake at 350°F for 20–25 minutes, or until hot and bubbly.
- 4 If using a stovetop or electric skillet, heat over medium for 10–15 minutes, stirring occasionally until rice is tender.
- 5 Sprinkle fried onions or crushed crackers on top before serving.