WILD RICE HOTDISH

SERVES 8

Preparation time: 20 minutes
Cook time: 60 minutes

INGREDIENTS

- 4 cups cooked chicken, chopped
- 4 cups cooked wild rice
- 1 10.5-ounce can low-sodium cream of mushroom soup
- 1 10.5-ounce can low-sodium chicken broth or water
- 1 small onion, chopped

DIRECTIONS

1. Preheat oven to 350°F.
2. Grease a baking dish.
3. Mix all ingredients and pour into baking dish.
4. Bake 1 hour.
5. Refrigerate leftovers.

SIMPLY GOOD EATING

TIPS & VARIATIONS

USE GROUND BEEF instead of chicken, using 1 pound ground beef. Brown and rinse before adding beef to other ingredients.

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