

# Chicken and Wild Rice Casserole

MADE WITH LOVE

by Teresa Forchard

## Ingredients

- 1 whole chicken
- 3 carrots, peeled and diced
- 1 medium onion, diced
- 3 celery stalks, chopped
- 8 ounces baby Bella/cremini mushrooms, diced
- 6 cloves minced garlic
- 10 oz bag of frozen broccoli
- 12 oz of wild rice (dry)
- 4 cups of chicken broth

### For the Sauce

- 2 TBS flour
- 2 TBS olive oil
- 1 tsp parsley
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup chicken broth
- 1 1/2 tsp dijon mustard
- 1 1/2 TBS Worcestershire sauce
- 1/2 cup plain greek yogurt
- 1 cup finely shredded parmesan cheese
- 1/2 cup shredded sharp cheddar cheese

### For the Topping

- 3/4 cup panko breadcrumbs
- 2 tablespoons olive oil

## Directions

1. Add 2 TBS olive oil to the bottom of your crockpot. Add diced onion, celery, carrots and mushrooms. Mix together. Pat chicken dry with a paper towel and place on top of the veggies. Drizzle with olive oil, and season generously with salt and pepper. Cook on low for about 6 hours, or high for 4 hours. The chicken should fall off the bone when cooked thoroughly
2. Remove the lid, and using metal tongs remove the meat from the chicken and discard bones. Shred the chicken if needed. Add 4 cups of chicken broth, dry wild rice, and frozen broccoli to the crockpot. Cook for another hour on low or until rice is fluffy and tender.
3. Heat 2 TBS olive oil in a small saucepan and add flour to the pan. Whisk and cook for one minute over medium heat. Add chicken broth, spices, and Worcestershire sauce to the pan. Heat for about 2 minutes. Take 2-3 TBS of the liquid and mix with greek yogurt (this will temper your greek yogurt and prevent it from curdling). Turn off heat, and add greek yogurt to the rest of the sauce mixture and stir in the parmesan and cheddar cheese
4. Pour cheese sauce into the crockpot and gently stir to coat.
5. Preheat the oven to broil. Mix panko breadcrumbs and olive oil together and sprinkle on top of your chicken and rice mixture. Remove the crockpot insert (it is oven safe) and place in the oven for about 5 minutes, until breadcrumbs are crispy. Enjoy!!