

Gluten-Free Chicken and Rice Bake

Servings: 6

Prep time: 15 minutes

Cook time: 40 – 50 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 lb boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 cup long-grain white rice (not instant rice)
- 2 cups chicken broth (gluten-free)
- 1 (10.75 ounce) can condensed cream of chicken soup (gluten-free, check label) OR a homemade gluten-free cream sauce (recipe below)
- 1/2 cup shredded cheddar cheese (or your favorite cheese)
- 1/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Step 1

Preheat Oven: Preheat oven to 375°F (190°C).

Step 2

Sauté Vegetables: Heat olive oil in a large skillet over medium heat. Add onion, carrots, and celery and cook until softened, about 5-7 minutes.

Step 3

Add Chicken: Add chicken pieces to the skillet and cook until lightly browned on all sides. They don't need to be fully cooked through at this stage.

Step 4

Combine in Baking Dish: In a 9x13 inch baking dish, combine the rice, chicken broth, cream of chicken soup (or homemade sauce), cheddar cheese, thyme, salt, and pepper. Stir well.

Step 5

Add Chicken and Vegetables: Add the chicken and sautéed vegetables to the baking dish and stir to combine everything.

Step 6

Bake: Cover the baking dish with foil and bake for 30 minutes. Remove the foil and bake for another 15-20 minutes, or until the rice is cooked through and the liquid is absorbed. The internal temperature of the chicken should reach 165°F (74°C).

Step 7

Let Rest: Let the chicken and rice bake rest for 5-10 minutes before serving.

Homemade Gluten-Free Cream Sauce (for substitution)

- 2 tablespoons butter or olive oil
- 2 tablespoons gluten-free all-purpose flour blend (measure-for-measure blend)
- 2 cups milk (dairy or non-dairy)
- Salt and pepper to taste

Melt butter or oil in a saucepan. Whisk in the gluten-free flour and cook for 1 minute, stirring constantly. Gradually whisk in the milk until smooth. Bring to a simmer, stirring constantly, until thickened. Season with salt and pepper.

Tips and Variations

- **Add-ins:** Add other vegetables like peas, corn, or mushrooms.
- **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce.
- **Herbs:** Use other herbs like rosemary or sage instead of thyme.
- **Cheese:** Use a different cheese like mozzarella or Monterey Jack.