Feed a Family of Four for Under $5

Cheesy Chicken Casserole

Serves: 4

Cost/Serving: $1.22

Serving size: 1½ cups

Ingredients

- 1 tablespoon oil (canola, olive, or vegetable)
- 1 cup onion, diced (1 medium onion)
- 1 clove garlic, minced
- 1½ cups reduced sodium chicken broth
- 1 cup instant brown rice, uncooked
- 2 cups frozen vegetables (broccoli, carrots, corn, mixed vegetables, peas)
- 2 cups cooked chicken (shredded or cut up)
- ¾ cup cheddar cheese, shredded

Instructions

- Heat oil in a skillet over medium heat. Add onion and cook for 2-3 minutes. Add garlic and cook for an additional minute, being careful not to burn.
- Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
- Reduce heat to low. Cover and cook for 10 minutes.
- Add chicken and cheese to rice and vegetable mixture. Heat thoroughly until mixture reaches 165 F, stirring constantly.

Tips to make your food dollars stretch:

- Buy large portions of chicken to save time and money. If you do not want to cut up a whole chicken, buy a package of parts. Bake, boil, roast or grill chicken parts to use in more than one meal. For example, use two cups for this recipe and use the rest to make soup, tacos, salads, stir-fry and other dishes.
- Use leftovers, which is a great way to save money. Store them in the refrigerator for up to four days or freeze.
- Compare prices on canned, frozen and fresh foods. Canned and frozen foods are healthy and can be stored for weeks. This way you make fewer trips to the grocery store and make fewer unplanned purchases.

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