



Water Chestnut Chicken and Rice Casserole



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Introduction

Water Chestnut Chicken and Rice Casserole is a delightful dish that combines the crunchiness of water chestnuts, the tenderness of chicken, and the comfort of rice. This casserole is not just flavorful but also easy to prepare, making it an excellent choice for weeknight dinners or gatherings. The unique texture of water chestnuts adds an interesting twist to the traditional casserole, providing a refreshing crunch that complements the creamy chicken and rice base.

Detailed Ingredients with measures

- 2 cups cooked white rice
- 1 pound boneless, skinless chicken breasts, cubed
- 1 can (8 oz) sliced water chestnuts, drained
- 1 can (10.5 oz) cream of chicken soup
- 1 cup shredded cheddar cheese
- 1/2 cup milk
- 1/2 cup diced onions
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray or butter for greasing
- Optional: Chopped green onions for garnish

Prep Time

Prep time for this dish is approximately 15 minutes. This includes chopping the chicken, onions, and gathering all the necessary

ingredients. Having everything ready before you start cooking can make the process even smoother.

Cook Time, Total Time, Yield

Cook time is about 30 minutes, as the casserole needs to bake in the oven until heated through and bubbly. The total time for preparation and cooking is around 45 minutes. This recipe yields about 6 servings, making it perfect for family meals or meal prep for the week ahead. Enjoy this savory casserole that is sure to become a family favorite!



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Detailed Directions and Instructions

Step 1: Prepare the Chicken

Begin by dicing the chicken breasts into small, bite-sized pieces.

Step 2: Cook the Chicken

In a large skillet over medium heat, add some oil and cook the diced chicken until it is no longer pink. This should take about 5-7 minutes.

See also [Chicken Gumbo Sloppy Joes](#)

Step 3: Combine Ingredients

In a mixing bowl, combine the cooked chicken with water chestnuts, uncooked rice, cream of chicken soup, and soy sauce. Mix thoroughly until all ingredients are evenly coated.

Step 4: Prepare the Casserole Dish

Preheat your oven to 350°F (175°C) and prepare a casserole dish by greasing it lightly with cooking spray.

Step 5: Transfer to Casserole Dish

Pour the mixture from the mixing bowl into the prepared casserole dish, spreading it evenly.

Step 6: Add Cheese

Sprinkle shredded cheese evenly over the top of the casserole for added flavor and richness.

Step 7: Bake the Casserole

Place the casserole dish in the preheated oven and bake for approximately 45-50 minutes or until the cheese is melted and bubbly.

Step 8: Let it Cool

Once baked, remove the casserole from the oven and allow it to cool for a few minutes before serving. This helps the flavors meld together.

Notes

Note 1: Serving Suggestions

This casserole pairs well with a side salad or steamed vegetables for a complete meal.

Note 2: Storage Instructions

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Note 3: Freezing Option

This casserole can be frozen before baking. Just cover it tightly with plastic wrap and aluminum foil. When ready to eat, thaw in the refrigerator and bake as directed.

Note 4: Variations

Feel free to add additional vegetables such as peas or carrots to the mixture for extra nutrients.

Note 5: Spice Level

Adjust the soy sauce or add chili flakes for those who prefer a bit of heat in their casseroles.

See also Garlic Parmesan Chicken with Creamy Rice



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Cook techniques

Using Canned Water Chestnuts

Water chestnuts can be easily incorporated into your dishes by using canned versions. Drain and rinse them before adding to ensure optimal flavor and texture.

Layering Flavors

Layering ingredients such as chicken, rice, and vegetables allows for a gradual melding of flavors. Ensure each layer is seasoned appropriately to enhance the overall taste.

Baking for Flavor Development

Baking the casserole allows the ingredients to cook evenly and encourages the development of deep, rich flavors. Covering the dish initially can prevent over-browning.

Choosing the Right Rice

Use long-grain rice for this casserole to ensure it cooks evenly and maintains its texture. This type of rice complements the other ingredients well.

Cleaning Chicken Properly

Always rinse chicken under cold water and pat dry before cooking. This helps to remove any impurities and ensures the chicken is ready for seasoning.

FAQ

Can I use fresh water chestnuts instead of canned?

Yes, you can use fresh water chestnuts. Just peel and slice them before adding to the dish.

What type of chicken is best for this recipe?

Boneless, skinless chicken breasts or thighs work best as they remain tender during baking.

Can I make this casserole ahead of time?

Yes, you can prepare the casserole ahead of time and store it in the refrigerator. Just bake it when you are ready to serve.

Is it possible to substitute the rice with a different grain?

Absolutely, you can substitute rice with quinoa or another grain of your choice, although cooking times may vary.

How do I know when the casserole is done?

The casserole is done when the chicken is cooked through and the rice is tender, usually taking about 30-40 minutes in the oven.

See also [Buffalo Chicken English Muffins](#)



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Conclusion

The Water Chestnut Chicken and Rice Casserole is a delightful dish that combines savory flavors and textures, making it a satisfying meal for any occasion. Its unique blend of ingredients ensures that it is both nourishing and enjoyable. This casserole not only highlights the versatility of chicken but also incorporates the distinct crunch of water chestnuts, elevating the overall experience of the dish. Perfect for family gatherings or casual weeknight dinners, it is sure to become a favored recipe in your collection.

More recipes suggestions and combination

Vegetable Stir-Fry with Chicken

Combine your favorite vegetables such as bell peppers, broccoli, and snap peas with grilled chicken for a quick and colorful stir-fry. Serve with rice or noodles for a complete meal.

Quinoa and Black Bean Salad

Mix cooked quinoa with black beans, corn, diced tomatoes, and a zesty lime dressing for a refreshing and protein-rich salad, ideal as a side dish or light lunch.

Chicken Alfredo Pasta Bake

Create a creamy Alfredo sauce and combine it with cooked pasta and shredded chicken. Top with mozzarella cheese and bake until bubbly and golden for a comforting casserole.

Stuffed Bell Peppers

Fill halved bell peppers with a mixture of ground turkey, rice, and spices. Bake until the peppers are tender for a colorful and nutritious meal.

Mushroom Risotto

Cook Arborio rice slowly in broth, gradually adding sautéed mushrooms and onions for a rich and creamy risotto. Perfect as a main course or as a side dish.

Spinach and Chicken Quesadillas

Layer fresh spinach, shredded chicken, and cheese between tortillas, then grill until crispy. Serve with salsa or guacamole for a flavorful handheld meal.



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