



CONVIVIVUM  
URBAN FARMSTEAD

## THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

*The recipe is provided below if you would like to recreate the meal.*

### Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

**DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

## Teriyaki Chicken & Rice Casserole

2 cups uncooked minute rice

2 cups water

2 cups boneless chicken breasts, diced into bite-sized pieces

2 cup chopped broccoli

1 cup shredded carrots

1 cup diced zucchini

1/2 cup diced bell pepper

Sauce:

3/4 cup low-sodium soy sauce

1/2 cup water

1/4 cup brown sugar

1/2 tsp. ground ginger

1/4 tsp. garlic powder

2 T. cornstarch + 2 T. water

\*\*Could substitute 1 1/4 C. bottled teriyaki sauce

### INSTRUCTIONS

1. Preheat oven to 375 degrees F. Then, spray a large casserole dish with nonstick cooking spray.
2. In a small bowl, mix together the following sauce ingredients: soy sauce, water, brown sugar, ginger, and garlic powder. Bring to a boil in a saucepan. Mix 2 T. cornstarch and 2 T. water in a small bowl. Slowly add to saucepan while stirring. Stir one minute. Remove from heat.
3. In the casserole pan, pour the rice evenly on the bottom. Layer the chicken, broccoli, carrots, zucchini, and bell pepper. Top with water and homemade sauce (or 1 1/4 cups bottled teriyaki sauce).
4. Mix together everything in the casserole dish so that it's evenly spread out and all ingredients are submerged in liquid.
5. Cover and bake for 55 minutes, or until rice is fully cooked and the chicken is done (165°F).
6. Remove cover and let cool for 5-10 minutes before serving. Enjoy!

## CONVIVIVUM URBAN FARMSTEAD

*Follow us on FACEBOOK to stay up to date with each week's casserole recipe and availability*

[info@convivium-dbq.com](mailto:info@convivium-dbq.com)

563.557.2900

2811 Jackson St. Dubuque, IA 52001

