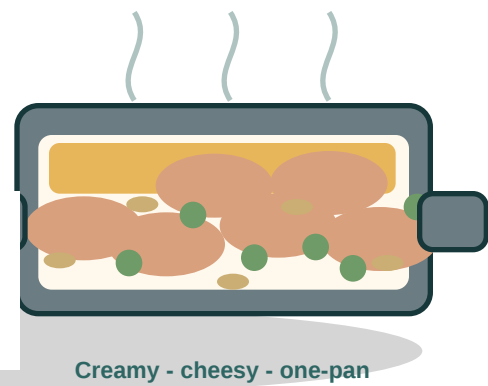


Nina's Creamy Chicken, Rice & Veggie Bake

Recipe Library / Meals / Casseroles / One-pan dinner

A creamy one-pan casserole: brown rice and vegetables cook under a tight foil seal, chicken roasts on top, and melted cheese finishes the pan. Nina's recipe, standardized for repeatable family use.



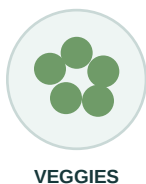
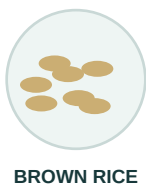
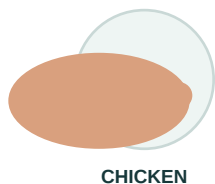
1. Recipe Matrix

Field	Standard	Nutrition / target
Yield	6 dinner servings	Approx. 400-440 kcal each
Total time	About 1 hr 20 min	29-33 g protein each
Bake	60-75 min covered + 5-7 min uncovered	49-55 g carbs each
Oven / pan	375 F / 9x13-inch baking dish	10-13 g fat each
Core method	Mix rice base -> veg -> chicken -> seal -> bake -> cheese -> rest	Fiber: 2-4 g each
Doneness	Rice tender; chicken 165 F	Sodium: roughly 800-1,100 mg
Best use	Weeknight dinner, leftovers, make-ahead meal	Biggest swings: soup, broth, cheese, veg choice

Nutrition note: common-brand estimate using six equal dinner servings. Exact labels and finished serving weights give the best tracking accuracy.

2. Ingredients

Component	US measure	Metric / practical	Notes
Chicken breast	1 lb	454 g	Slice horizontally or cube
Brown rice	1 1/2 cups dry	~275-285 g	Do not swap instant rice without changing method
Cream mushroom soup	1 can	10.5 oz / 298 g	Regular or lower-sodium
Chicken broth or water	2 1/2 cups	590 mL	Broth = deeper flavor; water = lower sodium
Green beans or peas	1 1/2 cups	~180-205 g	Peas sweeter; green beans lighter
Provolone / Colby Jack	4-5 slices	~80-100 g	Add after rice and chicken are done
Seasonings	To taste	Garlic powder, salt, pepper	Season lightly with full-sodium soup/broth



3. Baking Workflow

Time	Stage	Action	Checkpoint
0:00	Preheat	Heat oven to 375 F. Lightly grease the 9x13 if desired.	Oven fully hot.
0:05	Rice base	Stir dry brown rice, soup, and broth/water directly in dish.	No dry rice pockets.
0:10	Vegetables	Stir green beans or peas through the rice mixture.	Even distribution.
0:12	Chicken	Arrange chicken over top; season.	Cubes or butterflied breasts cook evenly.
0:15	Seal	Cover tightly with foil.	Steam cooks the brown rice.
1:15	Check	At 60 min, test rice/chicken. If rice is firm and dish dry, add 2-4 Tbsp hot liquid, reseal, bake 10-15 min more.	Rice tender; chicken 165 F.
1:20+	Cheese	Remove foil, add cheese, bake 5-7 min uncovered.	Melted and bubbly.
Finish	Rest	Stand 5-10 min.	Creamy, not soupy.

The three rules that matter

1. Seal the foil. Loose foil vents steam.	2. Rice gets the final vote. Brand/age can shift time 10-20 min.	3. Rest before serving. 5-10 min turns loose sauce creamy.
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4. Choice Matrix

Choice	What changes	Nutrition impact
Green beans	Savory, firmer vegetable bite	Lower calories/carbs than peas
Peas	Sweeter, softer comfort-food profile	Slightly more carbs, protein and fiber
Broth	More savory depth	Usually the largest sodium swing
Water	Cleaner, lighter flavor	Lowest-sodium liquid option
Provolone	Mild, smooth melt	Similar calories to Colby Jack
Colby Jack	Richer, sharper finish	Fat/sodium vary by brand

5. Built-in Nutrition Table

Serving	Calories	Protein	Carbs	Fat	Fiber	Sodium
Whole 9x13 batch	2,400-2,650	175-195 g	295-325 g	60-78 g	14-22 g	4,800-6,600 mg
1 of 6 dinner servings	400-440	29-33 g	49-55 g	10-13 g	2-4 g	800-1,100 mg
1 of 8 smaller servings	300-330	22-25 g	37-41 g	8-10 g	2-3 g	600-825 mg

Estimate uses common ingredient data; soup, broth, cheese and vegetable choice are the main sources of variation.

6. Troubleshooting

Problem	Likely cause	Fix
Rice is crunchy	Foil leaked steam; rice needs longer; dish dry	Add 2-4 Tbsp hot liquid, reseal, bake 10-15 min more
Chicken done, rice not	Chicken too thin vs. brown-rice cook time	Remove chicken temporarily; finish rice; return for cheese step
Looks soupy	Rice tender but excess liquid remains	Bake uncovered a few minutes, then add cheese and rest
Too salty	Full-sodium soup + broth + cheese	Use water or low-sodium broth next time
Dry chicken	Thick whole breasts cooked too long	Cube/butterfly; check temp when rice first becomes tender

7. Variations

Mushroom-forward Add 8 oz sliced mushrooms with the vegetables.	Broccoli version Add small florets for the final 20-25 minutes if you want them firmer.
Higher-protein Increase chicken to 1 1/2 lb; keep pieces small and verify 165 F.	Crunchy finish Add a light breadcrumb or cracker sprinkle during the last 5-7 minutes.

8. Storage, Reheat & Make-Ahead

Method	Guidance
Refrigerator	Cool promptly; store airtight 3-4 days.
Freezer	Portion and freeze up to about 2 months for best texture.
Microwave	Reheat covered; add 1-2 tsp water/broth if rice tightens.
Oven	Cover and warm at 325 F; uncover briefly to refresh cheese.
Make-ahead	Best assembled and baked the same day; uncooked brown rice keeps absorbing liquid as it sits.
Double batch	Use two 9x13 pans rather than one deeper pan.

9. Shopping List

Produce / Frozen	Green beans or peas; optional mushrooms or broccoli
Meat	1 lb boneless skinless chicken breasts
Pantry	Brown rice; 10.5 oz cream of mushroom soup; chicken broth; garlic powder; salt; black pepper
Dairy	4-5 slices Provolone or Colby Jack

Library hand-off rule: Keep the foil tight, let the rice determine the final covered bake time, verify 165 F chicken, then cheese and rest.

10. Batch Notes & Family Feedback

Use this page when you test-drive the recipe so the next version reflects what actually happened in your kitchen.

Batch field	Record it here
Date / cook	
Vegetable used	Green beans / peas / other:
Soup brand	
Liquid	Broth / water; brand if broth:
Cheese	Provolone / Colby Jack / other:
Chicken cut	Cubed / butterflied / other:
Covered bake time	
Extra liquid added	
Rice texture	
Chicken texture	
Salt level	
Family verdict	
What changes next time	

Library Metadata

Recipe name	Nina's Creamy Chicken, Rice & Veggie Bake
Category	Meals / Casseroles / One-pan dinner
Tags	chicken, brown rice, casserole, vegetables, cheese, weeknight, leftovers, family meal
Source	Added to the family recipe library at Nina's request
Standard	Matrix-style layout with integrated nutrition, visual ingredient guide, and batch notes