

# Chicken and Broccoli Casserole

## INGREDIENTS:

4 cups cooked and shredded chicken  
2 tbsp olive oil  
2 heads broccoli, florets removed  
10 cremini mushrooms, sliced (optional)  
½ small sweet onion diced  
1 jar primal kitchen dairy free alfredo sauce  
Salt and pepper, to taste  
Rosemary, for garnish

## PROCESS:

Preheat the oven to 400 degrees  
Heat the olive oil in a large saute pan over medium heat  
Add sliced mushrooms (optional) and diced onion and stir for 3 minutes  
Add the broccoli florets (make sure they're bite-sized pieces) and stir for another 3 minutes or until the broccoli is crisp, tender and bright green  
Place the shredded chicken in a 9x13 casserole dish, covering the bottom  
Add the sauteed mushrooms, onions and broccoli in a flat layer on top  
Pour the jar of primal kitchen dairy free alfredo sauce on top of the broccoli in the casserole dish. Use a spatula if needed to make sure everything is well coated  
Cook the casserole for 20-25 minutes.  
Garnish with fresh rosemary if desired and serve immediately

ENJOY!

From: [downshiftology.com](http://downshiftology.com)

