

Cheesy Chicken Rice Hotdish

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 1 onion

Pantry Staples

- Pepper
- Garlic powder
- 24-ounce jar olive oil or vegetable oil

Meat and dairy

- 1/2-gallon low-fat milk
- 16 ounces shredded cheddar cheese

Canned and dry goods

Soup:

- 1 10.5-ounce can cream of chicken soup

Meat:

- 1 20 ounce can chicken

Cereal, pasta and grains

- 1-pound brown rice