

# THRIVE

## CHICKEN BAKE

1/3 cup Thrive Veloute Gravy  
1 tsp. Chef's Choice Thrive Seasonings  
2 T. Thrive Chopped Onions (FD)  
1/3 cup Thrive Cheddar Cheese (FD)  
1 1/4 cup Thrive Instant White Rice  
1 cup Thrive Chopped Chicken (FD)  
1 cup Thrive Broccoli (FD)

Combine ingredients with 3 1/4 cups of water in a 9x9 casserole dish.  
Bake at 350 for 30 minutes, stir halfway through.

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