



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.

Hawaiian BBQ Chicken & Rice Casserole

**Ingredients subject to change based on availability.*

2 cups uncooked instant rice

2 cups water

1 ½ cups raw, diced chicken (can also used cooked)

½ cup barbeque sauce

2 tablespoons soy sauce

1 teaspoon garlic powder

1 - 20 oz. can pineapple chunks in juice, do not drain

½ cup diced onion

1 cup kale or spinach, finely chopped

**crushed BBQ chips, optional

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 diced chicken, barbeque sauce, soy sauce, garlic powder and some of the pineapple juice from the can. Set aside.
3. In the casserole pan, pour the rice evenly on the bottom. Layer the chopped onion, and kale/spinach on top of the rice.
4. Pour the bowl of chicken and seasoning, including all of the liquid, on top of the vegetables.
5. Add the pineapple chunks with juice. Then add the water (**note: you may have to decrease the amount of water you add – there should be 2 cups of total liquid between the water and pineapple juice**).
6. Mix together everything in the casserole dish so that it's evenly spread out. Use your hands or the back of a spoon to submerge everything into the water/juice liquid.
7. Cover and bake for 50-55 minutes, or until rice and chicken (internal temp of 165) are fully cooked.
8. Remove cover and let cool for 5-10 minutes. **Add crushed BBQ chips, if using. Enjoy!

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