

DINNER

Chicken, Rice, and Green Bean Casserole

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	10 min	70 min	6	\$1.62	514 kcal

Chicken, Rice, and Green Bean Casserole is a main course that serves 6. One serving contains 514 calories, 24g of protein, and 34g of fat. For \$1.62 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. 24 people have made this recipe and would make it again.

Ingredients

- ☐ 1 pound skinless, boneless chicken breast meat - cut into chunks
- ☐ 10¾ ounce cream of mushroom soup canned
- ☐ 14½ ounce French-cut green beans, drained canned
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water
- ☐ 6 ounce package wild rice (such as Uncle Ben's ®)

EQUIPMENT Frying pan, Sauce pan, Oven, Baking pan

Method

- 1

Preheat an oven to 350 degrees F (175 degrees C).
- 2

Bring the wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 25 minutes.
- 3

Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.
- 4

While the rice cooks, heat the oil in a pan over medium heat.

- 5 Add the chicken and cook until completely browned on all sides, about 5 minutes.
- 6 Combine the rice, chicken, green beans, mushroom soup, and mayonnaise in a large baking dish.
- 7 Bake in the preheated oven until the chicken is no longer pink in the center, about 45 minutes.

Nutrition per serving

514	24 g	34 g	29 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.8 g · 36% of daily needs
Fibre			3.7 g · 15% of daily needs
Sugar			3.2 g · 4% of daily needs
Sodium			697 mg · 30% of daily needs
Cholesterol			66.6 mg · 22% of daily needs
Vitamin C			9.3 mg · 11% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-rice-and-green-bean-casserole-148545