

# Chicken and Broccoli Bake

Makes food

## Ingredients

1 head of broccoli  
1x bbq/roast/rotisserie chicken  
3 chopped mushrooms  
1 chopped pepper  
1 can condensed cream of mushroom, cream of chicken, or some other cream soup  
1 cup sour cream  
½ pound elbow pasta  
Curry powder to taste  
Shredded cheese to top

## Instructions

1. Cook the pasta and add to the baking dish.
2. Chop up the veggies and chicken.
3. Add the veggies and chicken to the dish.
4. Mix the soup and sour cream with curry powder to taste and pour over top.
5. Top with cheese and bake at 350° for ~30 minutes.
6. Serve with your choice of side.

## Source

[https://www.reddit.com/r/MealPrepSunday/comments/cen4h6/depression\\_makes\\_for\\_interesting\\_meal\\_prep/](https://www.reddit.com/r/MealPrepSunday/comments/cen4h6/depression_makes_for_interesting_meal_prep/)

---

Revision #6

Created 11 February 2020 02:37:39 by Michael

Updated 10 December 2020 22:27:55 by Michael