



Choco Fever Dream

No Peek Chicken Casserole – Easy Dump-and-Bake

10 min

Prep time

6

Servings

35 min

Cook time

Easy

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1.5 pounds boneless skinless chicken thighs, cut into bite-size pieces
- ☐ 1 cup frozen peas and carrots, thawed

Sauce & Seasoning

- ☐ 1 can (10.5 oz) condensed cream of chicken soup
- ☐ 1 cup milk (whole, 2%, or soy for dairy-free)

- ☐ 2 tablespoons unsalted butter, melted

- ☐ 1/2 teaspoon garlic powder

- ☐ 1/4 teaspoon black pepper

Topping

- ☐ 1 cup shredded cheddar cheese

- ☐ 1 cup shredded mozzarella cheese

- ☐ 1 cup French-fried onions (optional for topping)

Instructions

- 1 First things first, let's get that oven warming up to 375°F (190°C). While it's heating, go ahead and lightly grease your 9-inch square baking dish with a bit of butter or non-stick spray so nothing sticks.
- 2 Grab a large bowl and whisk together your condensed cream of chicken soup, milk, melted butter, garlic powder, and black pepper. Just whisk it until it's all smooth and creamy—honestly, it's a very simple start.
- 3 Now, gently stir in your boneless skinless chicken thighs, cut into bite-size pieces, along with those thawed frozen peas and carrots. Make sure everything is evenly coated in that lovely sauce.
- 4 Carefully transfer the whole mixture into your prepared baking dish. I usually just spread it out evenly with a spoon so it cooks through properly.
- 5 Time for the good part. Sprinkle half of your shredded cheddar cheese and shredded mozzarella cheese right over the top. If you're using them, add a generous layer of French-fried onions for a bit of crunch.
- 6 Slide it into the oven and bake for 35 minutes. You're looking for the casserole to be bubbly and the onions to be a beautiful golden brown. Just to be safe, make sure the chicken hits an internal temperature of 165°F (74°C).
- 7 Once it's done, take it out and let it rest for about 5 minutes. It's hard to wait, I know, but it helps the sauce set before you serve it hot.

Nutrition per serving

410 kcal

Calories

32 g

Protein

18 g

Carbs

24 g

Fat

Tips & notes

- Using chicken thighs keeps the meat tender and juicy even after baking.
- Thawing the vegetables first prevents the sauce from getting too watery.
- The French-fried onions add a wonderful savory crunch that complements the creaminess.