

Chicken & Celery Casserole

Prep Time: 15 Min **Cook Time:** 30 Min **Total Time:** 45 Min
Serves 1

Ingredients

- 5 Chicken Breasts, cut into chunks or cubed
- 3 Bundles of Celery stalks, cut into 1/2 inch chunks or small
- 4 cups of Beef Broth or Water and Chicken bullion
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- 1 tsp. Paprika
- 1 tsp. Sea Salt
- 1 Bay Leaf
- Pinch of Red Pepper flakes

Instructions

- 1 Cut up the chicken and celery.
- 2 Place into a baking dish.
- 3 Dissolve spices in beef broth and pour over chicken and celery.
- 4 Bake at 400 Degree oven until the chicken and the celery are cooked through.
- 5 Serve with juice.

Notes

If you have cooked this meal for your family, remove 1/2 cup chicken and 1 1/2 cup celery for a 1 portion meal.

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