

# Crockpot Chicken, Broccoli & Rice Casserole

*Printable grocery list · Serves 4*

- ☐ Boneless skinless chicken breast
- ☐ Frozen cauliflower rice
- ☐ Frozen chopped broccoli
- ☐ Fat-free chicken broth
- ☐ Cream of chicken soup (Healthy Request)
- ☐ Plain fat-free Greek yogurt
- ☐ Onion
- ☐ Canned sliced mushrooms
- ☐ Garlic cloves
- ☐ Dried parsley
- ☐ Fat-free shredded cheddar cheese
- ☐ Salt
- ☐ Black pepper
- ☐ Nonstick cooking spray