

# Chicken Divan

HolisticQ signature recipe

Ingredients: All Organic

This comfort food casserole is crazy good! It's the creamy Chicken and Broccoli Casserole classic recipe we all love, but it's made entirely from scratch.

Ingredients:

- 1 Whole chicken, cooked and deboned (reserve the broth)
- 2 tablespoons cooking oil
- 1 large onion chopped
- 1 tablespoon minced garlic
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon thyme
- 4 cups chicken broth, cooled
- 1/2 cup flour
- 1 cup grated parmesan cheese
- 1/2 cup sour cream
- 2 bunches of broccoli cut into florets

Make the recipe...

Preheat oven to 375°

- Place whole chicken in stockpot and just cover with water, about 6 cups. Slow boil chicken for approx. 2 hours, or until chicken falls off the bone easily. Remove chicken from broth to cool and then debone. There is no need to shred or cube the chicken, large chunks are best.
- In a large skillet, heat the oil over medium heat, add the chopped onion, garlic, salt, pepper, and thyme. Cook until the onions become translucent, about 4 minutes.
- Stir in 3 1/2 cups of the chicken broth into the skillet.
- In a separate bowl, whisk the 1/2 cup flour with the remaining 1/2 cup cooled broth until you have a smooth consistency.
- Gradually whisk the flour slurry into the simmering onion and broth mixture.
- Bring sauce mixture to a simmer, stirring constantly, then remove from heat.
- Stir in the parmesan cheese and sour cream until well combined.
- Generously grease a 9x13 baking dish. Arrange broccoli to cover bottom of baking dish, and then arrange deboned chicken evenly on top of the broccoli. Pour the sauce mixture slowly over the chicken. Sprinkle top with an additional 1/2 cup grated parmesan cheese if desired.
- Bake for 1 hour minutes and enjoy!!! (broccoli should be very tender and the top of the casserole golden brown)