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Creamy Chicken Casserole (AIP, WHOLE30, 21DSD)

Ingredients:

- 3 tbsp fat of choice (such as lard, palm shortening, coconut oil)
- 2 medium heads of broccoli, cut into florets (about 6 cups)
- 2 cups baby bella mushrooms, sliced
- 4 large, uncooked, organic chicken breasts cubed (about 2.5 lbs)
- 2 pieces of uncooked bacon, chopped
- 1 large head of cauliflower (about 6 cups)
- 1/2 cup chicken bone broth
- 2 cans full fat coconut milk (only use the solid coconut cream at the top of each can, should be about 2 cups of coconut cream)
- 2-3 cloves of roasted garlic
- 1 tsp dried thyme
- 1 tsp dried basil
- 1 tbsp fresh parsley chopped, for garnish
- 1 tsp sea salt, divided

PREPARATION:

1. Preheat oven to 375 °.
2. Grease an 8x11 baking dish with fat of choice.
3. Wash the cauliflower and remove the leaves.
4. Place the whole head of cauliflower and the bone broth in a medium stockpot, over medium heat with the lid on.
5. Cook until tender, and then remove from the heat and set aside.
6. Add 2 tablespoons of cooking fat to a large skillet, over medium heat.
7. Add the broccoli, mushrooms, 1/2 teaspoon of sea salt, and sauté for about 3 min.
8. Add the cooked broccoli and mushrooms to the 8x11 pan.
9. To the same skillet add the bacon, and cubed chicken, dried basil, dried thyme and cook until done.
10. Add the cooked chicken, bacon and pan juices on top of the broccoli and mushrooms.

11. For the sauce:
12. Place the cooked cauliflower and remaining bone broth it was steamed in, in a high speed blender.
13. Open the two cans of coconut milk and place just the coconut fat in the high speed blender.
14. To the blender add, the roasted garlic, and ½ teaspoon sea salt.
15. Place the lid on the blender and blend until smooth, stopping once to scrape down the sides.
16. Once the sauce is completely smooth pour over the top of the chicken, bacon and vegetable mixture. Top with fresh chopped parsley and bake in the oven until bubbly about 30 minutes.
17. Let cool for 5 minutes before serving.

Serves 8