



### **Freezer Friendly Chicken Spaghetti**

While this chicken casserole recipe is baked in a in a very full 9×13 dish, you can split it into two, 8×8 dishes and freeze one for later.

Ingredients:

1-pound whole wheat spaghetti

- 2 (10.75 ounce) cans condensed cream of mushroom soup (preferably organic)
- 1 cup [chicken broth](#)
- 2–3 chicken breasts, fully cooked and chopped/shredded (roughly 3 cups) Or to save time you can use a store bought rotisserie chicken
- 1 tablespoon olive oil or [avocado oil](#)
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red bell pepper

- ❑ 1 small or medium onion, finely diced
- ❑ 1 teaspoon seasoned salt, such as [Lawry's Seasoned Salt](#)
- ❑ 1/8 – 1/4 teaspoon cayenne pepper
- ❑ 2 1/2 cups [shredded sharp Cheddar](#), divided

## Step-by-Step Overview of the Recipe

This is a great beginner recipe or weeknight dinner when you don't have much time. Here's how to make it step-by-step.

### Cook the Pasta

Cook the pasta according to the package instructions, until al dente (slightly undercooked). Undercooking it keeps it from getting mushy while baking. This is especially important to do if you are going to make this a freezer meal.

While it cooks, preheat the oven and grease the casserole dish(es) with cooking spray.

### Chop and Sauté the Veggies

While that pasta is cooking, this is also a great time to chop and sauté those veggies in a light virgin olive oil. Multitasking is your friend for this recipe.

## **Combine the Ingredients**

In a large [mixing bowl](#), gently stir together the cooked pasta, cream of mushroom soup, chicken broth, chopped/shredded chicken, veggies, seasoning, and only 1 1/2 cups of shredded cheese.

Now please take note of this: **Add in only 1 1/2 cups of the cheese.** I always get moving too fast and add it ALL in at this point. You need some to sprinkle over the top so restrain yourself!

## **Place in Casserole Dish**

Either divide the mixture between two 8×8 dishes or put it all in one 9×13 dish. Top with remaining cheese. Assuming you listened to my warning above about not mixing in all of the cheese, that is.

## **Bake the Casserole**

Bake in a 350°F oven for 40-45 minutes, until the edges are bubbly. If the top begins to get too brown, cover with foil. Remove and let cool slightly. Serve warm.

## **Tip: Freeze Before Baking**

While you can freeze a casserole after baking, we highly recommend the opposite. Prep the casserole up until the point of baking and then freeze it, if you want the dish to taste fresh after being in the freezer.