

1 = Large Tin OR 3 – 9" x 5" Tins

Chicken Alfredo Casserole

- *Yield:* 6 servings
- With just seven ingredients, this is the perfect make ahead meal that you can store in your freezer for up to six months!



INGREDIENTS

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| <ul style="list-style-type: none">• 1 lb boneless, skinless chicken breasts• 1 lb penne pasta• 1 cup chicken broth• 1/2 cup finely chopped onions | <ul style="list-style-type: none">• 3 cloves garlic, minced• 1 jar Alfredo sauce (16 oz)• 2 cup shredded mozzarella cheese |
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INSTRUCTIONS

- Cook 1 lb. chicken breasts and cut into 1-inch cubes.
- Cook penne pasta in a large pot, cook to al dente.
- Combine cooked pasta and chicken. Add broth, onions, minced garlic, and alfredo sauce. Mix well.
- Pour half the mixture into a 9x13 tin dish or 3 – 9"x5" tins. Top with one cup cheese. Add the remaining pasta mixture and top with remaining cheese.
- Freeze for up to six months.

TO BAKE

- Thaw overnight in the fridge. Preheat oven to 375 degrees.
- Remove saran wrap or foil and re-cover with tin foil.
- Cook covered for 20-25 minutes. Remove cover and cook 10 additional minutes.
- To Cook from Frozen: Preheat oven to 350 degrees. Remove plastic wrap and re-cover with tin foil. Bake covered for one hour. Remove cover and bake an additional 15 minutes.

FREEZING INSTRUCTIONS FOR PREPARED MEALS:

- ✓ Cool meal **completely!!!**
- ✓ PLEASE **DO NOT** OVER FILL THE CONTAINERS...LEAVE ABOUT 1" TO ¾" SPACE FROM TOP.
- ✓ Cover with saran wrap or aluminum foil (we prefer aluminum foil).



- ✓ Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.



- ✓ Then, cover with foil cover that was given. Make sure label sticks to cover.