

Blissfully Keto

Creamy Chicken & Broccoli Casserole

(Dairy-Free & Keto-Friendly)

Servings:	4
Prep Time:	15 minutes
Cook Time:	30 minutes
Total Time:	45 minutes

Ingredients

Main Casserole

- 2 cups cooked chicken, shredded or cubed (breast or thigh)
- 2 cups steamed broccoli florets
- 1/2 cup chopped celery
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 tbsp olive oil or avocado oil (for sautéing)

Optional Add-ins for More Flavor (Choose 1-3)

- 1/2 cup mushrooms, sliced
- 1/4 cup chopped red bell pepper
- 1/2 cup zucchini, diced
- 1/2 cup cauliflower rice
- 1/4 cup leeks or green onions, chopped

Dairy-Free Creamy Sauce

- 3/4 cup full-fat canned coconut milk
- 1 tbsp nutritional yeast (adds cheesy flavor)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp mustard powder
- 1/4 tsp black pepper

- Salt to taste
- 1 tbsp coconut flour (for thickening) or 1/2 tsp psyllium husk powder

Crispy Topping (Optional)

- 1/4 cup crushed pork rinds or almond flour
- 1 tbsp olive oil
- 1 tbsp nutritional yeast (optional)

Instructions

1. Preheat oven to 375°F (190°C). Grease an 8x8" casserole dish.
2. Sauté veggies: In a skillet, heat oil over medium heat. Add onion, celery, and garlic. If using optional veggies (like mushrooms or zucchini), add those now. Cook 5-7 minutes until softened.
3. Add broccoli and chicken: Stir in the cooked chicken and steamed broccoli. Remove from heat.
4. Make the creamy sauce: In a bowl, whisk together coconut milk, nutritional yeast, garlic powder, onion powder, mustard powder, black pepper, salt, and thickener (coconut flour or psyllium). Stir until smooth.
5. Combine and layer: Pour the sauce over the chicken and veggie mixture. Mix well, then transfer everything to the casserole dish.
6. Optional topping: In a small bowl, combine crushed pork rinds (or almond flour), olive oil, and nutritional yeast. Sprinkle over the top.
7. Bake for 25-30 minutes, or until bubbly and lightly golden on top.
8. Cool for 5-10 minutes before serving.

Tips

- You can freeze this casserole before baking for a make-ahead meal.
- Add fresh herbs like thyme or parsley for an extra flavor boost.
- Coconut milk flavor is mild, but if sensitive, try unsweetened almond milk thickened with a little arrowroot powder.

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