



*Perfect recipe  
for collective kitchens*

# Ground Chicken and Vegetables Gratin

**To calculate the amount needed for each ingredient:** Amount of the basic recipe X Number of recipes = Total Amount

Ingredients	Amount	Number of recipes	Total amount
Olive oil	15 ml (1 tbsp.)		
Lean ground chicken	450 g (1 lb)		
Chopped onion	1		
Concentrated low-sodium chicken stock	15 ml (1 tbsp.)		
Pepper	to taste		
Diced carrot	30 ml (2 tbsp.)		
Diced celery stick	1		
Diced red or orange bell pepper	1		
Condensed low-sodium tomato soup	1 can (284 ml)		
Cooked brown rice	1 cup		
Curry powder	15 ml (1 tbsp.)		
Mozzarella cheese, grated	375 ml (1 ½ cups)		

**PREPARATION 15 MIN**  
**COOKING 30 MIN**  
**SERVINGS 4**

## Preparation

- Preheat the oven to 400 °F.
- In a skillet, heat the oil over medium heat.
- Cook the chicken with the onion and concentrated chicken stock, stirring.
- Season with pepper.
- Add the vegetables and simmer for 10 minutes.
- Add the tomato soup, rice and curry powder.
- Simmer for 2 minutes.
- Transfer the mixture into a baking dish and sprinkle with cheese.
- Bake in the oven for 15 minutes or until the cheese is grilled.

Source : Magazine Gabrielle

