

Garlic Texas Toast Casserole

Recipe makes 6 meals

Ingredients

- 2 lbs Ground Chicken
- 24 oz jar Great Value Tomato Basil Garlic Pasta Sauce
- 13 oz box Cole's Five Cheese Texas Toast (8 slices), chopped
- 1 cup Fat Free Shredded Mild Cheddar Cheese, divided
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1 tsp Italian Seasoning
- 1/2 tsp Ground Coriander
- Non-Stick Cooking Spray
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 480
Fat - 22g
Carbohydrates - 30g
Protein - 40g
***Fiber - 2g**

Estimated Cost
Per Meal

\$2.27

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Instructions

- 1. Start by preheating your oven to 425°F.**
- 2. Next, chop your Texas toast into bite size pieces and set aside.**
- 3. Heat a large skillet over medium-high heat, spray with non-stick cooking spray, and add in your ground chicken.**
- 4. Brown your chicken, breaking it up as it cooks, until no pink remains.**
- 5. Once your chicken is cooked through, add in your jar of pasta sauce, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp Italian seasoning, 1/2 tsp ground coriander, and a little salt and pepper. Mix well, reduce the heat to low, and let simmer for 5 minutes. Give it a taste and add salt and pepper to preference, then set it aside.**
- 6. Grab a 9x13 casserole dish and add in your cooked chicken, sprinkle on your shredded cheese, and top with your chopped garlic bread. Spread out evenly and bake on 425°F for 5-7 minutes, or until bread is golden brown.**
- 7. When done, remove from the oven and divide into your meal containers.**
- 8. Enjoy!**

Notes

- **You can easily add veggies to this dish for added fiber and micronutrients, or you can just serve some on the side.**
- **If the idea of soggy bread doesn't bother you, you can make this with the bread on the bottom to give it a little more structure. Add your garlic bread to your casserole dish and bake by itself first for 5-7 minutes before adding your cooked chicken on top.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**