The swap: Heavy cream & canned soup → Knorr broth & whole milk

Homestyle Chicken & Drop Biscuit Casserole

By Angie Hayman

This Homestyle Chicken & Drop Biscuit Casserole combines tender, seasoned chicken, hearty potatoes, and colorful vegetables in a thick, creamy gravy, topped with fluffy homemade garlic and herb biscuits. Intentionally chunky rather than overly saucy, it's a comforting, family-friendly dinner that's easy to customize with your favorite vegetables.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY	CALORIES
35 min	55-65	~1 hr 35 min	10	Easy–Moderate	~450 est. per serving

This version saves ~100 calories per serving vs the classic (18% lighter)

Casseroles · American · High-Protein · Calorie-Conscious · Nut-Free

Approximate Nutrition

Estimated

Per serving (1/10 of casserole, including 2 drop biscuits)

~450	~32g	~58g	~10g	~7g	~9g	~790mg
CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR	SODIUM

Nutrition information is an approximation and may vary depending on the brands and products used, exact ingredient quantities, and portion sizes.

Ingredients

Makes 10 · 1/10 of casserole, including 2 drop biscuits

CHICKEN & VEGETABLES

- [ ] **2 lbs** boneless, skinless chicken breast, cut into bite-sized pieces
- [ ] **400 g** yellow potatoes, diced with skins on
- [ ] **2 cups** carrots, diced
- [ ] **2** celery stalks, diced
- [ ] **1 medium** yellow onion, diced
- [ ] **3 cloves** garlic, minced
- [ ] **12 oz** frozen baby lima beans
- [ ] **12 oz** frozen sweet corn
- [ ] Cooking spray, for browning chicken and greasing baking dish

CREAMY GRAVY

- [ ] **4 cups** water
- [ ] **4 teaspoons** Knorr chicken bouillon
- [ ] **½ cup** whole milk
- [ ] **½ cup** all-purpose flour
- [ ] **1 tablespoon** unsalted butter
- [ ] **2 teaspoons** Worcestershire sauce
- [ ] **1 teaspoon** Dijon mustard
- [ ] **½ teaspoon** kosher salt
- [ ] Additional seasonings, to taste

SAVORY GARLIC & HERB DROP BISCUIT TOPPING

- [ ] **2 cups** all-purpose flour
- [ ] **1 tablespoon** baking powder
- [ ] **½ teaspoon** kosher salt
- [ ] **¾ teaspoon** garlic powder
- [ ] **¾ teaspoon** onion powder
- [ ] **1 teaspoon** dried parsley
- [ ] **4 tablespoons** cold unsalted butter
- [ ] **1 cup** cold whole milk
- [ ] Cooking spray, for biscuit tops

Ingredient note: This casserole is designed to be thick, chunky, and hearty rather than overly saucy. The homemade gravy lightly coats the chicken, potatoes, and vegetables without drowning them. **Make it your own:** Swap the lima beans or corn for peas, green beans, broccoli, or your favorite frozen vegetable blend. Aim for approximately the same total amount of vegetables, adjusting cooking times as needed. We use Knorr chicken bouillon mixed with water instead of traditional chicken broth, along with a little whole milk and flour to create a creamy gravy without heavy cream or canned condensed soup. For the biscuit topping, keep the butter and milk cold until you're ready to mix the dough. Grating the butter directly into the flour helps distribute it evenly. This recipe makes 10 hearty servings with 2 small homemade biscuits per serving.

Instructions

1 Prepare the Chicken

Cut 2 pounds of boneless, skinless chicken breast into bite-sized pieces.

Season the chicken evenly with the seasonings listed for the chicken.

Lightly coat the bottom of a large Dutch oven with cooking spray and heat over medium-high heat.

Brown the chicken in batches, allowing the pieces to develop a golden crust without overcrowding the pot.

Transfer the browned chicken to a plate and set aside.

> **Calorie Hacker Tip:** Browning chicken in batches builds flavor without needing additional cooking oil. Don't worry about the browned bits left in the pot. They'll add flavor to the gravy!

2 Prepare the Potatoes and Lima Beans

Dice 400 grams of yellow potatoes into small, bite-sized pieces, leaving the skins on.

Place the potatoes in a saucepan of water and simmer until just fork-tender, approximately 8–12 minutes. Drain and set aside.

In a separate saucepan, cook the frozen baby lima beans according to package directions until tender. Drain and set aside.

3 Sauté the Vegetables

Lightly coat the Dutch oven with additional cooking spray if needed.

Add the diced onion, carrots, and celery.

Cook over medium heat for approximately 5–7 minutes, stirring occasionally, until the vegetables begin to soften.

Add the minced garlic and cook for another 30–60 seconds, until fragrant.

4 Make the Creamy Gravy

Add 1 tablespoon of butter to the vegetables and allow it to melt.

Sprinkle in ½ cup all-purpose flour, stirring continuously to coat the vegetables.

Cook for approximately 1–2 minutes to remove the raw flour taste.

Gradually pour in 4 cups of water mixed with 4 teaspoons Knorr chicken bouillon, stirring constantly to prevent lumps.

Add ½ cup whole milk and continue stirring until the gravy thickens.

Stir in 2 teaspoons Worcestershire sauce, 1 teaspoon Dijon mustard, ½ teaspoon kosher salt, and the remaining seasonings listed for the gravy.

Simmer gently until the gravy is creamy and thick enough to coat the back of a spoon.

> **Calorie Hacker Tip:** We're intentionally making a thick, creamy gravy rather than a thin, overly saucy filling. The combination of bouillon, milk, and flour creates plenty of flavor without heavy cream or canned condensed soup.

5 Combine the Filling

Return the browned chicken to the Dutch oven.

Add the cooked potatoes, lima beans, and frozen sweet corn.

Gently stir until everything is evenly coated in the creamy gravy.

Allow the mixture to simmer briefly until the corn is heated through and the chicken is fully

cooked.

Taste and adjust seasonings if needed.

6 Prepare the Baking Dish

Preheat the oven to 400°F.

Lightly coat a large 4-quart baking dish with cooking spray.

Transfer the chicken and vegetable filling into the dish, spreading it evenly.

7 Make the Garlic & Herb Drop Biscuits

In a large mixing bowl, whisk together 2 cups all-purpose flour, 1 tablespoon baking powder, ½ teaspoon kosher salt, ¾ teaspoon garlic powder, ¾ teaspoon onion powder, and 1 teaspoon dried parsley.

Grate 4 tablespoons of cold unsalted butter directly into the flour mixture using a box grater.

Gently toss the shredded butter with the dry ingredients until evenly distributed.

Pour in 1 cup cold whole milk and stir just until a thick, sticky dough forms. Do not overmix.

8 Top the Casserole

Using two spoons or a small cookie scoop, divide the biscuit dough into 20 small mounds.

Arrange the biscuits evenly over the casserole filling.

Lightly mist the tops with cooking spray.

9 Bake Until Golden

Place the casserole in the preheated 400°F oven.

Bake for approximately 25 minutes, until the biscuits are lightly golden and cooked through.

Check that the chicken and filling have reached a safe internal temperature of 165°F.

10 Rest and Serve

Remove the casserole from the oven and allow it to rest for approximately 10 minutes.

Divide into 10 hearty servings, with 2 biscuits per serving.

Serve warm and enjoy!

Calorie Hacker Tip: This casserole is meant to be thick, chunky, and satisfying, not swimming in gravy. Feel free to substitute your family's favorite vegetables while keeping the overall proportions similar.

All the Comfort. Less of the Heavy.

The Calorie Hack

Who says comfort food needs to be swimming in butter and heavy cream? This Homestyle Chicken & Drop Biscuit Casserole keeps everything we love about a classic chicken dinner: tender, seasoned chicken, hearty vegetables, creamy gravy, and fluffy homemade garlic and herb biscuits. The difference is intentional. Instead of drowning everything in sauce, we use just enough flavorful gravy to coat the chicken and vegetables. The result is a thick, chunky, satisfying casserole that lets the ingredients shine. And because the filling is packed with vegetables, you can easily swap in your family's favorites or use whatever you already have in the freezer.

Traditional approach	Our Calorie Hack
~~Heavy cream~~	✓ **Milk and homemade chicken bouillon gravy**
~~Butter-heavy cream sauce~~	✓ **Flour-thickened gravy with less added fat**
~~Extra-rich, saucy filling~~	✓ **Thick, chunky filling with just enough gravy to coat**
~~Store-bought refrigerated biscuits~~	✓ **Homemade garlic and herb drop biscuits**

Why it works

- The secret is building flavor before adding the gravy. Browning the seasoned chicken creates a savory foundation, while sautéing the onions, carrots, celery, and garlic develops natural sweetness and depth.
- Instead of relying on heavy cream, we use milk, flour, and chicken bouillon to create a creamy, flavorful gravy that coats the ingredients without overwhelming them.
- Potatoes, baby lima beans, corn, and vegetables add heartiness, texture, and fiber, making each serving satisfying without needing a pool of sauce.
- Finally, homemade garlic and herb drop biscuits give us that golden, fluffy comfort-food finish. Using a measured amount of butter in the dough keeps the biscuits delicious without going overboard.

Make It a Meal

One serving: ~450 cal

This hearty casserole is practically a complete meal on its own! With seasoned chicken, tender potatoes, colorful vegetables, creamy gravy, and fluffy homemade drop biscuits, there's plenty to satisfy everyone. If you'd like something fresh on the side, keep it simple with a light salad or green vegetables.

- **Simple green salad** **+~80 cal**
  Mixed greens, cucumber, tomatoes, and light vinaigrette.
- **Steamed broccoli** **+~55 cal**
  One cup of lightly seasoned steamed broccoli.
- **Roasted asparagus** **+~60 cal**
  Fresh asparagus roasted with a little olive oil, garlic, and black pepper.

- **Fresh cucumber and tomato salad +~50 cal**
  Crisp cucumber, juicy tomatoes, vinegar, and fresh herbs.

Illustrative estimates. Actual calories depend on portions, ingredients, and dressing.

Angie's Kitchen Notes

What we learned making it

1. **Brown the chicken for better flavor**
   Season the chicken before cooking and brown it in batches. Those golden bits left in the Dutch oven add incredible flavor to the gravy.
2. **Build flavor in layers**
   Season the chicken, vegetables, and gravy throughout the cooking process instead of relying on one final round of seasoning.
3. **Don't skip the taste test**
   Our gravy needed a little extra seasoning before it was just right. Worcestershire sauce helped deepen the savory flavor without adding heavy cream.
4. **Keep the vegetables hearty**
   Cutting the potatoes and carrots into bite-sized pieces gives the casserole that homestyle texture without letting the vegetables disappear into the gravy.
5. **Give the biscuits room to rise**
   Drop biscuit dough expands as it bakes. Space the biscuits evenly over the filling so they can develop golden tops and cook through.
6. **Let the casserole rest**
   Giving it about 10 minutes after baking helps the creamy filling settle and makes serving easier.

Storage & Reheating

- **Refrigerator:** Allow the casserole to cool slightly, then transfer leftovers into shallow, airtight containers. Refrigerate within 2 hours of cooking and enjoy within 3–4 days. Store biscuits separately from the filling when possible to prevent sogginess.
- **Freezer:** Freeze the chicken and vegetable filling in airtight, freezer-safe containers for up to 3 months for best quality. Freeze biscuits separately in freezer bags or airtight containers. Thaw overnight in the refrigerator before reheating.
- **Reheating:** For the best texture, reheat the filling in a covered saucepan over medium-low heat, stirring occasionally. Add a splash of milk or water if the gravy has thickened. Warm biscuits separately in a 350°F oven until heated through. For individual portions, microwave the filling in short intervals, stirring between each, and heat to 165°F.
- **Oven reheating:** Place a refrigerated portion of casserole in an oven-safe dish, cover loosely with foil, and heat at 350°F until the center reaches 165°F. Uncover briefly to help the biscuits regain some texture.
- **Food safety:** Refrigerate leftovers promptly, within 2 hours of cooking. Reheat chicken casserole

leftovers to an internal temperature of 165°F. Avoid repeatedly reheating the entire batch.

Leftover safety, the USDA way: Refrigerate within 2 hours · Enjoy within 3–4 days · Freeze for up to 3–4 months · Reheat to 165°F. USDA: Leftovers and Food Safety: fsis.usda.gov

Hack It Again

Cook once, eat twice

Turn the leftovers into tomorrow's lunch. Less waste, less money, less thinking.

- **Pot pie lunch bowl**
  Reheat a portion of the creamy chicken and vegetable filling with its biscuits for an easy next-day lunch.
- **Chicken pot pie soup**
  Thin leftover filling with a little water and Knorr chicken bouillon for a comforting soup. Serve with a warmed biscuit.
- **Open-faced chicken biscuit**
  Split a leftover biscuit and spoon hot chicken and vegetable filling over the top for a quick comfort-food lunch.
- **Extra veggie pot pie bowl**
  Stretch a smaller portion of leftover filling with steamed broccoli, green beans, or spinach.

Real Food. Simple Swaps. Healthier Plates.

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