

# Broccoli Rice Casserole

Serving Size: 1 Cup | Servings per Recipe: 8 | Healthy



## INGREDIENTS

- 1½ cups brown rice (uncooked)
- 3½ cups water (divided)
- 1 medium onion, chopped
- 3 tablespoons margarine or butter
- 1½ cups any milk
- 1 can (10.75 oz) reduced-sodium condensed cream of mushroom or celery soup
- 8 ounces low-fat cheddar cheese, grated
- 7½ cups frozen broccoli or mixed vegetables (or use fresh produce, chopped)

## DIRECTIONS

- Preheat oven to 350°F and grease a 12x9 inch baking pan.
- In a saucepan, combine rice, a pinch of salt, and 3 cups water. Bring to a boil.
- Cover and simmer for 15 minutes. Remove from heat and let sit 15 minutes.
- In a skillet, cook onions in margarine or butter until soft.
- In a large bowl, mix rice, cooked onions, milk, and condensed soup. Pour into baking pan.
- Thaw and drain vegetables. Spread them over the rice mixture.
- Sprinkle cheese on top. Bake 25–30 minutes until cheese melts and rice is bubbly.

**Calories per serving: 320 | 11 g total fat | 42 g total carbohydrates | 400 mg sodium | 12 g protein**

Recipe from USDA MyPlate, image from Small Town Woman

