

Broccoli Rice Casserole

Makes: 12 servings

Pantry staples and frozen veggies combine to make a hearty, home-made main dish for dinner.

Ingredients

- 1 1/2 cups** rice
- 3 1/2 cups** water
- 1** onion (medium, chopped)
- 1 can** cream of mushroom, or chicken, or celery or cheese soup (10.75 ounce, condensed)
- 1 1/2 cups** milk (1%)
- 7 1/2 cups** broccoli or cauliflower or mixed vegetables (frozen, chopped)
- 1/2 pound** cheese (grated or sliced)
- 3 tablespoons** margarine (or butter)

Directions

1. Preheat oven to 350 degrees and grease on 12x9x2 inch baking pan.
2. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Saute onions in margarine (or butter) until tender.
5. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.

Nutrition Information

Nutrients	Amount
Calories	239
Total Fat	11 g
Saturated Fat	5 g
Cholesterol	21 mg
Sodium	350 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	9 g
Vitamin D	0 IU
Calcium	206 mg
Iron	2 mg
Potassium	185 mg
N/A - data is not available	

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 Vegetables	1/4 cup
 Grains	1 ounce
 Dairy	1/2 cup

6. Thaw and drain the vegetables and then spread over the rice mixture.

7. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

Source: Ohio State University Cooperative Extension, Quick and Healthy Meals Tips and Tools for Planning Meals for Your Family Cuyahoga County