



All-Natural Broccoli-Rice Casserole

4 servings

1 hour 30 minutes

Ingredients

2/3 cup Brown Rice (dry)
2 cups Water
1 tsp Salt (divided)
1/4 cup Canola Oil (divided)
3 cups White Onion (diced)
8 cups Broccoli (florets)
4 cups Mushrooms (sliced)
1 cup Skim Milk (can substitute dairy alternative or whole milke)
1 tbsp Cornstarch
1 tbsp Water
8 ozs Colby Jack Cheese (8 oz. = 2 c. shredded)

Nutrition

Amount per serving	
Calories	613
Fat	35g
Saturated	12g
Trans	0g
Carbs	55g
Fiber	9g
Sugar	13g
Protein	26g
Cholesterol	57mg
Sodium	1052mg
Vitamin A	1963IU
Vitamin C	173mg
Calcium	616mg
Iron	2mg

Directions

- 1 Add uncooked rice, 1/2 tsp. salt, and water to a pot and bring to a boil, then reduce to a simmer and cover. Cook about 45 minutes until all water has been absorbed and rice is tender. Remove from heat and set aside.
- 2 While rice cooks, dice onion and add to a large sauté pan with 2 Tbsp. canola oil and cook over medium to medium-high heat until onion is translucent, about 8-10 minutes.
- 3 While onion cooks, cut broccoli into 1-inch florets and slice mushrooms. Add broccoli and mushrooms to the onion and continue to sauté 10-15 minutes until broccoli is tender.
- 4 Pre-heat oven to 350 degrees Fahrenheit. Prepare a 9x13-inch baking pan by spraying with non-stick cooking spray.
- 5 Reduce heat to medium and add milk to the sauté pan. In a separate, small bowl make a cornstarch slurry by whisking together cornstarch and 1 Tbsp. water until free of clumps. Add to the vegetable and milk mixture and stir to combine. Bring to a boil for about 30 seconds then remove from heat.
- 6 Mix in cooked rice and half of the grated cheese to the vegetable mixture. Transfer mixture to the prepared baking dish and top with remaining cheese. Bake, uncovered, for about 45 minutes until bubbly and cheese is starting to brown.

Notes

Total Time: 1 1/2 - 2 hrs, Prep time: 50-60 min // Cook time: 45-50 min

Serving Size, 2 cups

Pro Tip, add cooked chicken to casserole before cooking for additional protein and a more filling meal.



Dice onion, trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

Cut broccoli into florets, trim woody end of broccoli stalk. The rest of the stalk which is tender can be cubed and used, but should be peeled for the best quality. Cut florets off broccoli head into bite-sized pieces.

Slice mushrooms, lay mushroom on its side and slice into 1/8-inch slices, including stems.