



## Homemade Broccoli Rice Casserole

🕒 1 hour 🍴 6 servings

### Directions

1. Rinse brown rice, then add rice, water, and half of salt to a small saucepan. Cover with lid and bring to a boil over high heat, then reduce heat to low and simmer 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 cut broccoli into florets. Set aside.
3. Heat a large sauté pan over medium heat. Once hot, add half of the oil and onion. Sauté onion 5-8 minutes until translucent, then add broccoli to pan with onion. Stir to combine and continue to cook.
4. While broccoli cooks, slice mushrooms. Add mushrooms, remaining salt, and remaining oil to the pan. Continue to sauté about 10 minutes until broccoli is tender.
5. Pre-heat oven to 350 degrees Fahrenheit. Prepare a 9×13-inch baking pan by spraying with non-stick cooking spray.
6. Add milk and cornstarch to a small bowl and whisk to combine until completely smooth and free of clumps. Add milk and cornstarch slurry to the sauté pan, stirring constantly as it is added. Bring mixture to a boil for about 30 seconds then remove from heat.
7. Mix in cooked rice and half of grated cheese to the vegetable mixture in pan. Transfer mixture to the prepared baking dish and top with remaining cheese. Bake, uncovered, 15-20 minutes until bubbly and cheese is starting to brown.

### Ingredients

2/3 cup Brown rice (dry)  
2 cup Water  
1 tsp Salt (divided)  
1 White onion (large; diced)  
8 cup Broccoli (cut into florets; 1 large head = about 4 cups)  
1/4 cup Canola oil (divided)  
8 oz White mushrooms (sliced)  
1 cup Skim milk (can substitute dairy alternative or whole milk if desired)  
1 tbsp Cornstarch  
2 cup Shredded cheddar cheese (divided)

### Nutrition per serving (estimated)

Calories	388 kcal	Fat	23 g
Carbohydrates	27 g	Protein	17 g
Fiber	5 g	Sugar	6 g
Cholesterol	39 mg	Sodium	698 mg
Vitamin A	1217 IU	Vitamin C	110 mg
Calcium	392 mg	Iron	2 mg

### Notes

**Total Time: 60-70 min** Prep time: 50-55 min | Cook time: 15-20 min

**Serving Size** 1 1/2 cups

**Pro Tip** add white beans or cooked chicken to casserole before cooking for additional protein and a more filling meal. Instead of transferring ingredients to baking dish, use a cast iron skillet and finish recipe in the oven in the skillet.

**Leftovers** Refrigerate in airtight container up to 5 days. Freeze up to several months.

**Rinse brown rice** Place brown rice in a colander or mesh sieve and run cold water directly through the rice, shaking it as the water runs through, until the water comes through the rice clear.

**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.

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