

# All-Natural Broccoli-Rice Casserole



## Ingredients

- 2/3 c. uncooked brown rice
- 2 c. water
- 1/2 tsp. salt
- 4 Tbsp. canola oil, divided
- 3 c. onion, diced
- 8 c. broccoli florets
- 4 c. sliced mushrooms
- 1/2 tsp. salt
- 1 c. skim milk
- 1 Tbsp. cornstarch
- 1 Tbsp. water
- 8 oz. Colby Jack cheese, grated (1 cup)

## Instructions

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. Allow to cook about 45 minutes until all water has been absorbed and rice is tender.
2. Meanwhile, begin to sauté diced onion in 2 Tbsp. oil until onion is translucent, about 5-7 minutes.
3. Add broccoli florets and mushrooms to the onion and continue to sauté about 10 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. Add milk to the sauté pan. In a separate, small bowl make a cornstarch slurry by whisking together cornstarch and 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.
7. Bake, uncovered, for about 45 minutes until bubbly and cheese is starting to brown.

Prep time: 50-60 min // Cook time: 45-50 min // Total time: - 1.5-2 hrs—Serves 6 - Serving Size: 1 1/2 c. - Nutrients per serving: 304 calories -- 12g total fat -- 7g saturated fat -- 0g *trans*fat -- 41mg cholesterol -- 489mg sodium -- 37g total carbohydrates -- 5g fiber -- 8g sugar -- 18g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)