



# Broccoli Rice Casserole

## INGREDIENTS

1 1/2 cups **rice** (get your whole grains by using brown rice)

3 1/2 cups **water**

1 **medium onion** chopped

10.75 oz. **canned cream of mushroom soup, condensed, low-sodium** (can substitute with cream of chicken, celery, or cheese soup)

1 1/2 cups **1% milk**

7 1/2 cups **frozen broccoli** chopped (can substitute with cauliflower or mixed vegetables)

1/2 lb. **cheese** grated or sliced

2 tbsp. **margarine** (or butter)

12  
SERVINGS

70  
MINUTES  
TOTAL TIME

## DIRECTIONS

- 1 Preheat oven to 350°F and grease 12x9x2 inch baking pan.
- 2 Mix rice and 3 cups of water in a saucepan and bring to a boil.
- 3 Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
- 4 Sauté onions in margarine (or butter) until tender.
- 5 Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
- 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°F for 25–30 minutes until cheese is melted and casserole is bubbly.

**Nutrition Facts:** 237 Total Calories, 10 g Total Fat, 5 g Saturated Fat, 22 mg Cholesterol, 273 mg Sodium, 27 g Total Carbohydrate, 2 g Dietary Fiber, 4 g Total Sugars, 10 g Protein, 1 mcg Vitamin D, 215 mg Calcium, 1 mg Iron, 371 mg Potassium.

Recipe adapted from [whatscooking.fns.usda.gov](https://whatscooking.fns.usda.gov).

For tips and tricks to help your family live healthier, visit [EatSmartWNY.org](https://EatSmartWNY.org).

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