

Broccoli Rice Casserole

Yield 12 servings

Ingredients

1 1/2 cup	rice
3 1/2 cups	water
1	onion (medium, chopped)
1 can	cream of mushroom, or chicken, or celery or cheese soup (10 3/4 ounce, condensed)
1 1/2 cup	milk (1%)
20 ounces	broccoli or cauliflower or mixed vegetables (frozen, chopped)
1/2 pound	cheese (grated or sliced)
3 tablespoons	margarine (or butter)

Instructions

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.
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.

Cost

Per recipe: \$7.37

Per serving: \$0.61

Source

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

Nutrition Facts	
Serving Size 1/12 of recipe (191g)	
Servings Per Container 12	
Amount Per Serving	
Calories 240	Calories from Fat 100
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	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 360mg	15%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 9g	
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Vitamin A 15%	• Vitamin C 45%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	