

Broccoli Rice Casserole

INGREDIENTS

- 1 ½ cups uncooked rice
- 3 ½ cups water, divided
- 3 tablespoons of vegetable oil or olive oil
- 1 medium onion, chopped
- 1, 10 oz can reduced fat cream of mushroom soup
- 1 ½ cups low-fat milk
- 7 ½ cups frozen broccoli, chopped, thawed and drained
- 8 oz low-fat cheddar cheese, shredded

12 SERVINGS

1 HOUR



Adapted from:
[myplate.gov](https://www.myplate.gov)



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. Preheat the oven to 350°F. Lightly coat a baking dish with nonstick spray.
2. In a saucepan, combine the rice with 3 cups of water and bring to a boil. Cover, reduce heat, and simmer for 15 minutes. Remove from heat and let sit, covered, for an additional 15 minutes.
3. Heat cooking oil in a skillet and sauté onions until tender.
4. In saucepan, combine the mushroom soup, milk, ½ cup water, sautéed onions, and cooked rice. Spoon the mixture into the prepared baking dish.
5. Spread thawed broccoli evenly over rice mixture.
6. Top with cheese and bake for 25 to 30 minutes, until cheese is melted and bubbly.

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