

# Broccoli Rice Casserole

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 4 ounces

Ingredients	Quantity	Measure
Broccoli florets	1	pound
Vegetable broth	3	cups
Garlic powder	1	tablespoon
Salt	½	teaspoon
Olive oil	1	teaspoon
Onion, medium chopped	1	cup
Celery, small chopped	1	cup
Coconut milk, canned	½	can
Brown rice, cooked	2	cups
Nacho cheese, see additional recipe	1	cup
Optional: non-dairy cheddar cheese	1	cup

## Preparation

1. In a 4-quart pot, add broccoli, vegetable broth, garlic powder, and salt. Bring to a boil. Cook until tender.
2. Drain broccoli and reserve liquid.
3. Heat olive oil in a skillet. Sauté onion and celery for 4 minutes.
4. Add broccoli and coconut milk to celery and onions.
5. Stir in cooked rice, nacho cheese, and cheddar cheese (if using).
6. Taste and adjust seasoning. Add reserved liquid as needed.

## Nutrition Information

 per serving \*From USDA Nutrient Database

Calories: 124 Total Fat: 5.2g Saturated Fat: 2.6g Monounsaturated Fat: 0.5g Polyunsaturated Fat: 0.2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 17g Fiber: 2.6g Total Sugar: 1.4g Protein: 3g Sodium: 280mg  
Vitamin A: 25µg Vitamin C: 35mg Calcium: 43mg Iron: 1mg Folate: 32µg

