

Cheesy Broccoli Rice Casserole

8x8 pyrex dish, lined with parchment paper in the bottom
2 crowns of broccoli, cut into florets; not too small; I like to keep them a little bigger
3 cups cooked brown rice
Optional add-ins: corn, edamame or cannellini beans, chickpeas, diced bell pepper, mushrooms
Cheese sauce (make ahead, recipe below)
Optional: sliced almonds, panko or bread crumbs, Italian seasoning blend to top

Yummy Cheese Sauce

- 1 cup potatoes, peeled and diced
- ¼ cup diced carrots
- ¼ cup diced onions
- 1 cup broth from boiling the veggies
- ½ cup raw cashews (or ½ cup white beans for lower fat)
- 4 Tbsp nutritional yeast
- 1 Tbsp lemon juice
- 1-2 tsp salt (I like pink Himalayan or Indian black salt); optional if you are salt free
- ½-1 or 2 tsp garlic powder, according to your taste
- ½ tsp paprika (I like smoked paprika)
- ¼ to ½ tsp cayenne, optional for some but never for me!

1. Soak the cashews if you do not have a high speed blender; I always soak for a couple hrs
2. In medium pot, bring about 3 cups of water to a boil. Add potatoes, carrots and onion to the pot and allow to cook until veggies are tender, about 15 minutes, depending on how small the veggies are cut.
3. Drain the veggies, saving 1 cup of the broth. Add drained veggies to the blender. Add all other ingredients and blend until smooth.

Store in a mason jar or other glass container

Instructions:

- Microwave broccoli florets for a minute to slightly soften
- Mix cooked rice, cheese sauce and broccoli
- Add in any other ingredients you wish; add beans to make a hearty entrée
- Put mixture in glass Pyrex dish and smooth top
- Add panko or crumbs made from toasted sprouted grain bread, sliced almonds, Italian seasoning, vegan parmesan on top
- Bake in oven for 20-30 minutes to warm through



- Broil at the end to lightly brown bread crumbs
- Enjoy!