

Broccoli Casserole

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4 - 6

CChints: The cooking time depends a lot on the cooking time of the rice you select. Could be 5 – 25 minutes just to cook the rice. We used a rice that took 25 minutes for this recipe. You can double this recipe for a large gathering. If you do, you might want to add a can of cream of celery soup instead of another can of mushroom soup.



1 cup cooked brown or whole grain rice
8 ounce jar reduced fat Cheese Whiz
10-3/4 ounce can cream of mushroom soup
1 tablespoon butter
1/4 cup onion, minced
1 stalk celery, finely chopped
1 cup prewashed sliced white mushrooms
10 ounce package frozen chopped broccoli or
3 cups fresh, chopped and steamed tender
Salt and pepper to taste

Start cooking the rice according to the package directions. When the rice is done, drain off any excess water and add to the cheese and soup mixture.

Preheat oven to 300 degrees F. Spray a 4-5 cup casserole dish with cooking spray.

In a large mixing bowl, add the cheese and soup. Later, when you add the warm ingredients it will be easy to blend these together, so for now, just set them aside.

In a microwave safe container with a cover, add the butter, cover and cook for 10 seconds until it begins to melt. Stir in the onions and celery, partially cover and microwave for 1 minutes and add the mushrooms and cook for an additional 2 minutes. Pour into the large bowl with the soup and cheese and blend them together.

Cook the broccoli according to package directions or steam fresh broccoli in a microwave safe container with 1 tablespoon of water for 2 minutes until it is tender. Drain and add to the other ingredients. Add salt and pepper to taste and pour into a prepared casserole dish.

Bake for 20 minutes to heat the casserole through and serve.