**Broccoli Rice Casserole**

Serving Size: 1/12 of recipe  
Yield: 12 servings

**Ingredients:**
1 1/2 cup rice  
3 1/2 cups water  
1 medium chopped onion  
1 can (10 3/4 ounce) condensed cream of mushroom, or chicken, or celery or cheese soup  
1 1/2 cups 1% milk  
2 - 10 ounce packages frozen chopped broccoli or cauliflower or mixed vegetables  
1/2 pound grated (2 cups) or sliced cheese (8 slices)  
3 Tablespoons margarine or butter

**Instructions:**

1. Wash hands.  
2. Preheat oven to 350 degrees and grease on 12x9x2 inch baking pan.  
3. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil.  
4. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.  
5. Sauté onions in margarine or butter until tender.  
6. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.  
7. Thaw and drain the vegetables and then spread over the rice mixture.  
8. 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: $ 2.5  
Per Serving: $ 0.42

Adapted from: Quick and Healthy Meals: Tips and Tools for Planning Meals for your Family  
Cuyahoga County, Ohio State University Extension  
Source - USDA at http://recipefinder.nal.usda.gov/