

Broccoli Rice Casserole

Ingredients

- 1 1/2 cups brown rice
- Salt to taste
- 2 Tbsp vegetable oil
- 1 large onion, chopped
- 2 large cloves garlic, minced
- 1/2 tsp dillweed
- 1 tsp thyme
- 1 tsp oregano
- 1/2 bunch parsley, chopped
- 1/2 pound mushrooms, sliced
- 1 green pepper, sliced
- 2 pounds broccoli, tough stalks removed, remainder sliced thin
- 1/2 cup unsalted cashews
- 1/2 pound Gruyere cheese, grated
- 1/4 cup freshly grated Parmesan cheese
- 1/2 pint sour cream

Instructions

1. Preheat oven to 350 degrees.
2. In a heavy saucepan with a tight-fitting lid, combine rice with 3 cups water and a dash of salt. Bring to a boil, reduce heat, and simmer for about 45 minutes.
3. Heat oil in a large skillet. Sauté onion, garlic, dill, thyme, and oregano until onions start to wilt.
4. Add parsley, mushrooms, and green pepper. Stir 1 or 2 minutes and add broccoli. Stir often.
5. As soon as broccoli changes color and becomes tender but is still crisp, add nuts and remove from heat.
6. Spread cooked rice in a 9-by-13-inch baking dish. Cover with the vegetable-nut mixture, then with cheeses, and finally with sour cream.
7. Bake for 20 minutes, until mixture is bubbly and cheese has melted.
8. Yields 10 servings.

BROCCOLI RICE CASSEROLE

- 1½ cups brown rice
 - Salt to taste
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 large cloves garlic, minced
- ½ teaspoon dillweed
- 1 teaspoon thyme
- 1 teaspoon oregano
- ½ bunch parsley, chopped
- ½ pound mushrooms, sliced
- 1 green pepper, sliced
- 2 pounds broccoli, with tough stalks removed, remainder sliced thin
- ½ cup unsalted cashews
- ½ pound Gruyere cheese, grated

- ¼ cup freshly grated Parmesan cheese
- ½ pint sour cream

Preheat oven to 350 degrees.

In heavy saucepan with tight-fitting lid, combine rice with 3 cups water and dash of salt. Bring to boil, reduce heat and simmer for about 45 minutes.

Heat oil in large skillet. Saute onion, garlic, dill, thyme and orega-

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no until onions start to wilt. Then add parsley, mushrooms and green pepper. Stir 1 or 2 minutes and add broccoli. Stir often.

As soon as broccoli changes color and becomes tender but is still crisp, add nuts and remove from heat.

Spread cooked rice in 9-by-13-inch baking dish. Cover with vegetable-nut mixture, then with cheeses, and finally with sour cream. Bake for 20 minutes, until mixture is bubbly and cheese has melted. Yields 10 servings.