

Broccoli and Rice Casserole II

Laura Nottingham - Billings, MT
Treasure Classics - National LP Gas Association - 1985

Servings: 8

2 cups rice
2 1/2 cups water
1 small onion
2 tablespoons butter or margarine
1 can (10-3/4 ounce) cream of chicken soup
1 cup milk
1 1/2 cups American cheese shredded
1 can (7-1/2 ounce) chicken spread
salt (to taste)
2 cups chopped broccoli, cooked and drained

Preparation Time: 30 minutes

Bake Time: 15 minutes

In a saucepan, cook the rice in 2-1/2 cups of boiling water. Simmer for 20 to 25 minutes or until tender and done.

In a saucepan with butter, cook the onion until tender. Add the chicken soup, milk, cheese and chicken spread. Add salt to taste. (Add more milk, if needed.)

Cook the broccoli until tender and drain.

Place the rice and broccoli into a three-quart casserole dish. Stir in the soup mixture.

Bake in a 350 degree oven until hot through, about 15 minutes.

Per Serving (excluding unknown items): 239 Calories; 5g Fat (19.8% calories from fat); 6g Protein; 42g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 178mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.