
Broccoli and Rice Casserole III

Martha Burgielewicz

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

2 packages (10 ounce ea) chopped frozen broccoli
1 1/2 cups minute rice (use minute rice only)
2 cans (14-3/4 ounce ea) cream of mushroom soup
1 cup milk
8 ounces Velveeta cheese
1 cup butter or margarine
chopped onion (to taste)

Cut up the butter and cheese into small pieces.

In a bowl, mix together the broccoli, rice, soup, milk, cheese, butter and onion. Place the mixture in a 13x9-inch casserole dish.

Bake in the oven at 350 degrees for one hour. (It may be necessary to cover with foil to prevent too much browning.)

Side Dishes

Per Serving (excluding unknown items): 2035 Calories; 210g Fat (91.4% calories from fat); 15g Protein; 30g Carbohydrate; 1g Dietary Fiber; 535mg Cholesterol; 4057mg Sodium. Exchanges: 1 Grain(Starch); 1 Non-Fat Milk; 4 1/2 Fat.