

Broccoli Casserole IV

Margaret Evans

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3 packages frozen chopped
broccoli
4 teaspoons flour
2 cups milk
1/2 cup hot water
6 teaspoons butter
1 stick butter
1 1/2 teaspoons Spice
Island chicken stock
2/3 package stuffing mix
English walnuts*

Preheat the oven to 400 degrees.

Cook the broccoli for a few minutes in unsalted water. Spread the broccoli in an oblong baking dish.

In a saucepan, make a cream sauce with the butter, flour, chicken stock and milk, cooking until thickened. Pour over the broccoli.

In a bowl, toss together the stuffing with hot water and six teaspoons of butter. Pour over the broccoli. Crumble the walnuts on top.

Bake for 20 minutes.

Per Serving (excluding unknown items): 1355 Calories; 131g Fat (85.7% calories from fat); 18g Protein; 31g Carbohydrate; trace Dietary Fiber; 377mg Cholesterol; 1414mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 2 Non-Fat Milk; 26 Fat.