
Broccoli-Cauliflower Casserole

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 8

2 packages (10 ounce ea) frozen broccoli stalks

1 package (10 ounce) frozen cauliflower

2 tablespoons flour

2 tablespoons butter

1 1/2 cups milk

1 cup Velveeta cheese, diced

dash pepper

1/2 teaspoon salt

1 can (4 ounce) mushrooms (or 3/4 cup fresh)

1/4 cup butter

2 cups bread crumbs

Cook the broccoli and cauliflower according to package directions. Drain well.

Melt the butter in a saucepan. Add the flour and stir to make a paste. Gradually add the milk, stirring constantly. When the sauce is thick and smooth, add the Velveeta cheese, salt, pepper and mushrooms. (If using fresh mushrooms, saute' in one tablespoon of butter.)

Arrange the broccoli and cauliflower in the bottom of a buttered casserole dish. Cover with the cheese sauce.

Melt 1/4 cuop of butter in the skillet. Add the bread crumbs. Stir over low heat for 5 minutes. Sprinkle over the casserole.

Bake uncovered at 350 degrees for 20 minutes or until hot throughout.

Side Dishes

Per Serving (excluding unknown items): 222 Calories; 12g Fat (47.1% calories from fat); 6g Protein; 24g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 480mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.