

# Chickasaw Broccoli Casserole

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## Servings: 8

*1 medium onion, finely chopped*  
*1/4 pound margarine*  
*1 can (10-3/4 ounce) cream of mushroom soup*  
*1 can (4 ounce) sliced mushrooms*  
*1 package (6 ounce) jalapeno cheese*  
*3/4 cup slivered almonds*  
*3 heavy dashes Tabasco sauce*  
*2 packages (10 ounce ea) frozen chopped broccoli*  
*croutons (for topping)*  
*paprika (for topping)*

## Preparation Time: 15 minutes

### Bake Time: 30 minutes

In a saucepan, saute' the onion in margarine. Add the mushroom soup, mushrooms, cheese, almonds and tabasco. Heat until the cheese is melted.

Thaw the broccoli in warm water and drain well. Place the broccoli in a round two-quart casserole dish. Cover with the heated sauce and croutons. (Do not mix the sauce and broccoli. Pour the sauce over the broccoli.) Sprinkle the top with paprika.

Bake at 350 degrees for 30 minutes.

(Best when served with chicken, beef or fish.)

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Per Serving (excluding unknown items): 220 Calories; 21g Fat (82.1% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 345mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.