

Microwave Cheesey Broccoli (Slow Cooker)

Mrs Charles F hartman

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*2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1 cup milk
1 package (3 ounce) cream
cheese, softened
1/2 cup Swiss cheese,
shredded
2 packages (10 ounce ea)
frozen chopped broccoli
1/3 cup bread crumbs*

Cook the broccoli in a two-quart casserole, ice side up, covered, for 8 minutes. Separate the broccoli and drain.

Make the sauce: In a microwave-safe bowl, melt the butter for 30 seconds. Stir in the flour and salt to make a smooth paste. Add the milk, cream cheese and Swiss cheese. Cook, uncovered for 1 minute. Stir well. Cook for 2 minutes longer, stirring every 30 seconds.

Add the sauce and stir well. Top with the bread crumbs.

Cook, covered, for 3 minutes. Turn the dish. Cook for 3 additional minutes.

Per Serving (excluding unknown items): 1574 Calories; 130g Fat (73.5% calories from fat); 48g Protein; 57g Carbohydrate; 1g Dietary Fiber; 402mg Cholesterol; 2561mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 23 Fat.