
Missouri Vegetable Casserole

Linda Toback - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 cup long-grain rice
2 tablespoons butter or margarine
1/2 cup onion, chopped
1 cup carrots, chopped
2 cups broccoli florets
1 medium bell pepper, chopped
2 cloves garlic, minced
1 1/2 cups chicken broth
1 tablespoon parsley, chopped
dash salt
dash pepper
1 cup grated cheese

In a two-quart casserole dish, saute' the onions and butter until soft. Add the carrots. Cook over medium heat for 3 minutes.

Add the broccoli, pepper, garlic and rice. Stir to blend. Add the chicken broth. Bring to a boil. Cover with a tight-fitting lid.

Cook over low to medium heat for about 20 minutes or until the rice is just done.

Add the parsley, salt and pepper. With a fork, toss in the cheese. Do not mash the vegetables.

Place the casserole into the oven. Broil at 350 degrees for about 10 minutes or until the top is slightly brown.

Serve.

Side Dishes

Per Serving (excluding unknown items): 1563 Calories; 65g Fat (37.3% calories from fat); 57g Protein; 188g Carbohydrate; 14g Dietary Fiber; 181mg Cholesterol; 2184mg Sodium. Exchanges: 9 1/2 Grain(Starch); 4 1/2 Lean Meat; 7 Vegetable; 9 1/2 Fat.