

Broccoli Wild Rice Casserole

Ree Drummond - *"The Pioneer Woman Cooks: A Year of Holidays"*
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Servings: 12

2 cups wild rice
8 cups low-sodium chicken broth,
divided
3 heads broccoli, cut into florets
1/2 cup (1 stick) butter, divided
1 medium onion, finely diced
1 pound white button or cremini
mushrooms, finely chopped
2 carrots, finely diced
2 stalks celery, finely diced
1/4 cup flour
1/2 cup heavy cream
2 teaspoons salt, plus more if needed
1 teaspoon pepper, plus more if needed
1 cup panko bread crumbs
2 tablespoons parsley, minced

Preparation Time: 35 minutes

Preheat the oven to 375 degrees.

Put the wild rice in a medium saucepan with five cups of chicken broth. Bring to a boil over medium-high heat. Reduce the heat to low and cover the pan. Cook until the rice has just started to break open and is slightly tender, 35 to 40 minutes.

Meanwhile, blanch the broccoli in boiling water for about 2 minutes until bright green. Drain the broccoli and plunge into a bowl of ice water. Drain and set aside.

Melt six tablespoons of butter in a large pot over medium-high heat. Add the onion and mushrooms and cook, stirring, for 3 to 4 minutes, until the liquid begins to evaporate. Add the carrots and celery and cook for 3 to 4 minutes, until softened.

Sprinkle flour over the vegetables and stir to incorporate. Then pour in the remaining three cups of chicken broth. Bring the mixture to a gentle boil and let thicken, 3 to 4 minutes. Pour in the heavy cream, stirring to combine. Let cook until nice and thick. Season with salt and pepper; taste and add more if necessary.

To assemble, put half of the cooked rice in the bottom of a two-quart baking dish. Lay on half of the broccoli. Repeat the layers. Scoop out the vegetable broth mixture with a ladle and spoon it evenly all over the top, continuing until all of the sauce is in the baking dish and the surface is covered with vegetables.

Melt the remaining two tablespoons of butter and toss with the panko in a bowl. Sprinkle over the top of the casserole. Cover with foil.

Bake for 20 minutes. Remove the foil and continue baking until golden brown, about 15 minutes.

Sprinkle with parsley.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 246 Calories; 10g Fat (31.0% calories from fat); 17g Protein; 34g Carbohydrate; 7g Dietary Fiber; 24mg Cholesterol; 478mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-----------|-----------------------|--------|
| Calories (kcal): | 246 | Vitamin B6 (mg): | .4mg |
| % Calories from Fat: | 31.0% | Vitamin B12 (mcg): | .4mcg |
| % Calories from Carbohydrates: | 46.3% | Thiamin B1 (mg): | .2mg |
| % Calories from Protein: | 22.8% | Riboflavin B2 (mg): | .4mg |
| Total Fat (g): | 10g | Folacin (mcg): | 147mcg |
| Saturated Fat (g): | 5g | Niacin (mg): | 7mg |
| Monounsaturated Fat (g): | 2g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 24mg | % Refuse: | 0.0% |
| Carbohydrate (g): | 34g | Food Exchanges | |
| Dietary Fiber (g): | 7g | Grain (Starch): | 1 1/2 |
| Protein (g): | 17g | Lean Meat: | 1 |
| Sodium (mg): | 478mg | Vegetable: | 2 |
| Potassium (mg): | 797mg | Fruit: | 0 |
| Calcium (mg): | 108mg | Non-Fat Milk: | 0 |
| Iron (mg): | 3mg | Fat: | 1 1/2 |
| Zinc (mg): | 3mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 145mg | | |
| Vitamin A (i.u.): | 8273IU | | |
| Vitamin A (r.e.): | 875 1/2RE | | |

Nutrition Facts

Servings per Recipe: 12

| Amount Per Serving | | |
|---------------------|-------|-----------------------|
| Calories | 246 | Calories from Fat: 76 |
| % Daily Values* | | |
| Total Fat | 10g | 15% |
| Saturated Fat | 5g | 24% |
| Cholesterol | 24mg | 8% |
| Sodium | 478mg | 20% |
| Total Carbohydrates | 34g | 11% |
| Dietary Fiber | 7g | 28% |
| Protein | 17g | |

| | |
|------------------|------|
| Vitamin A | 165% |
| Vitamin C | 241% |
| Calcium | 11% |
| Iron | 16% |

** Percent Daily Values are based on a 2000 calorie diet.*