

Broccoli, Cauliflower & Rice Bake

written by The Recipe Exchange | August 11, 2019

Ingredients

1 1/4 cups water
1/2 cup uncooked white OR brown rice
1 head broccoli – florets cut off, discard thick stems
1 head cauliflower – florets cut off, discard thick stems
1/4 cup butter OR margarine
1 med. onion – chopped
12 oz. process cheese food (Velveeta®) – cubed, low-fat okay
oz. can condensed cream of chicken soup – low-fat okay
1/2 cup milk – low-fat okay
1 1/2 cups crushed Ritz® crackers – optional, low-fat okay

Directions

In a large saucepan, bring water to a boil.

Add rice to pan, cover, and simmer over medium-low heat for 5 minutes.

Add broccoli and cauliflower florets to pan, cover, and simmer for an additional 15 minutes.

Strain any remaining water out of pan; place rice/vegetables in a greased 13" X 9" X 2" baking dish; set aside.

In a saucepan over medium-high heat, sauté onion in butter until golden.

Reduce heat to medium-low and stir in cheese, soup, and milk; heat and stir until cheese has melted.

Pour cheese mixture over rice/vegetables, stir to coat.

If desired, sprinkle crushed crackers evenly over dish.

Bake, uncovered, in a 350 degree oven for 30 minutes.

This may be served immediately, but for a thicker sauce, allow to cool for 5-10 minutes before serving.