

# Cheesy Broccoli and Rice

Just Say Yes to Fruits and Vegetables

*This cheesy casserole will get even the pickiest eaters loving broccoli!*



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## Cheesy Broccoli and Rice

Serves 6 • Serving: 1 cup

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Vegetables

*Using brown rice is an excellent way to eat more whole grains.*

### Ingredients:

- 3 cups chopped broccoli
- 2 cups uncooked instant brown rice\*
- 2 cans (10.75 ounces each) cream of mushroom soup
- ½ cup reduced-fat shredded cheddar cheese

\*If using instant white rice, cook broccoli in boiling water for 5 minutes. Add rice and cook for 2 more minutes. Stir often. Continue with Step 3.

### Directions:

1. In a large pot, bring 3 cups of water to a boil.
2. Add broccoli and rice, and cook for 7 minutes over high heat.
3. Reduce heat to medium and add soup. Cook until bubbly (about 2 minutes). Stir often.
4. Remove from heat.
5. Stir in cheese.
6. Serve and enjoy!
7. Refrigerate leftovers.