

Broccoli Rice Casserole

Amount	Unit	Ingredient
28	ounce	Broccoli, Frozen
21.5	ounce	Cream Celery soup
1	Cup	Onions, raw, chopped
1	Cup	Celery, raw
2/3	Cup	Bell Pepper, green
1/3	Cup	Bell Pepper, Yellow
2	Cup	Rice, brown, raw
4	Cup	Vegetable Broth
1	Tbsp	Chicken Boullon, Wylers
1	Tbsp	Salt, granular
1	tsp	Rosemary, dried
1	tsp	Thyme, dried
1	Tbsp	MSG
1	Tbsp	Canola Oil
16	ounce	Mushrooms, raw
2	ounce	Garlic, chopped
0.25	Cup	Panko Bread Crumbs

Directions

Rinse 2 cups of brown rice and place in pot with 4 cups of vegetable broth. Add salt and MSG. Cook brown rice.

Chop onions, Celery, bell peppers. Saute until translucent. Add garlic and saute for another minute. Remove to large bowl. Saute mushrooms until they give up their liquid. Add to the large bowl.

Preheat oven to 350.

Mix two cans of Celery soup, Rosemary, Pepper, Thyme, with sauted vegetables. When rice is done, add to bowl and mix.

Add in broccoli and put into two 9x13 inch pans (or one deep pan). Lightly dust with panko bread crumbs.

Bake for 45 minutes, or until broccoli is done.

Cool and serve.