Cheesy Broccoli and Rice

Brown rice gives this dish an extra boost of fiber!

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Just Say Yes
To Fruits & Vegetables

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CHEESY BROCCOLI AND RICE
SERVES 6 • SERVING: 1 CUP

INGREDIENTS:
• 3 cups chopped broccoli
• 2 cups uncooked instant brown rice*
• 2 cans (10.75 oz. each) low-sodium cream of mushroom soup
• ½ cup reduced-fat shredded cheddar cheese

*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. Refrigerate leftovers.

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

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Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.