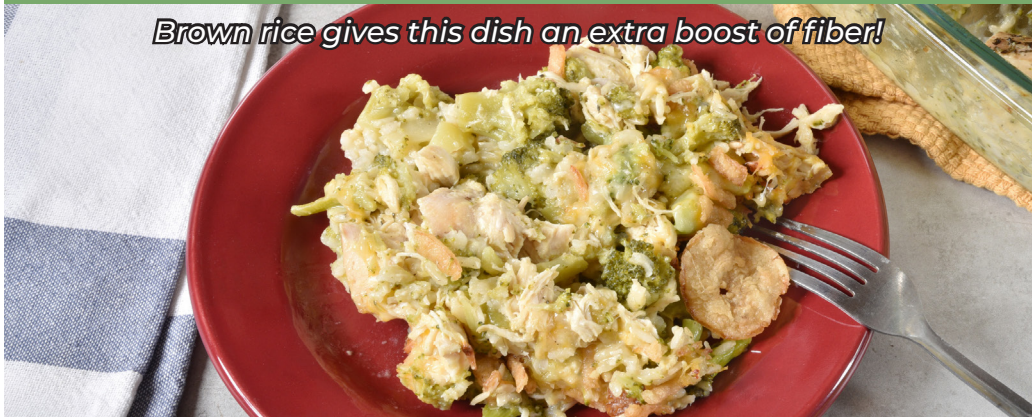


CHEESY BROCCOLI AND RICE

Brown rice gives this dish an extra boost of fiber!



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Just Say Yes

To Fruits & Vegetables

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FIDELIS CARE

CHEESY BROCCOLI AND RICE

SERVES 6 • SERVING: 1 CUP

Just Say Yes
To Fruits & Vegetables

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

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

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.

For more great recipes visit www.foodbankst.org/jsy

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.