

Arkansas

Rice Vegetable Casserole

Featured Food: Rice

Makes: 6 servings

Ingredients

- 2 cups low-sodium chicken broth
- 1 cup long-grain brown rice
- 1 tablespoon butter
- $\frac{3}{4}$ cup fresh onions, diced
- 3 cups fresh mushrooms, sliced
- 1 teaspoon garlic, minced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon onion powder
- 1 tablespoon + 1 teaspoon whole-wheat flour
- $\frac{3}{4}$ cup milk
- 4 ounces fresh kale, finely chopped (or 1 quart)
- 1 cup cheddar cheese, shredded
- $\frac{3}{4}$ cup mozzarella cheese, shredded



Directions

1. Preheat oven to 350°F.
2. Pour broth in a medium saucepan and bring it to a boil.
3. Add brown rice to the saucepan, turn heat to low, and cover. Cook for about 40 minutes, until rice is tender. Remove from heat.
4. Prepare the mushroom sauce; In a medium non-stick saucepan, add butter, onions, mushrooms, minced garlic, salt, pepper, and onion powder. Stir over medium high heat until mushrooms are soft for about 3 minutes.
5. Sprinkle flour over mushroom mixture. Stir well. After one minute, turn down to medium low heat.
6. Add milk, stirring constantly until smooth. Sauce will become creamy and thick in texture. Remove and set aside.
7. Combine cheese together in a small bowl, set aside.
8. Lightly grease a 9x9 inch baking dish.
9. Assemble the casserole in layers as follows:
 - First layer: Place cooked rice in baking dish.
 - Second layer: Pour mushroom sauce over rice.
 - Third layer: Add kale.
 - Fourth layer: Sprinkle cheese evenly over rice mixture.
10. Cover pan tightly with aluminum foil.
11. Bake for 15-20 minutes.
12. Cut into 6 pieces.

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