



Broccoli Casserole

Yield: 50 cups

Portion Size: 1 Cup

Component Contribution: ½ cup dark green vegetable

Ingredients

13 lb Frozen Broccoli
40 fl.oz. Water
1 ¼ lb Brown Rice
1 lb Fresh Diced Onion
¼ lb Unsalted Butter
4 lb + 11 oz Cream of Mushroom Soup
2 lb Reduced Fat Shredded Cheddar Cheese
4.5 tsp Table Salt
1 Tbsp Ground Black Pepper
1 Tbsp Tabasco Sauce
1 oz Buttermist Pan Spray
3 cups Seasoned Breadcrumbs

Instructions

Broccoli

1. Bring just enough water to cover broccoli plus one inch to a boil in pan or steam jacketed kettle.
2. Add broccoli, carefully, to boiling water.
3. Bring water back to a boil.
4. Carefully, wearing oven mitts to avoid burns from steam, drain water from broccoli. Set aside.

Rice

5. Preheat oven: 350° F
6. Place rice in a 2" deep pan. Add salt and water. Cover pan with foil.
For each 13lb of broccoli, use 5 cups water and 1.5 tsp salt.
7. Place in oven and bake for 20 minutes.

Sauce

8. In large pan, melt butter.
9. Sauté onions in butter for 10 minutes or until onions become transparent, stirring occasionally.
10. Add soup, cheese, tabasco sauce, pepper and remainder of salt to onions and stir to combine.

Assemble Casserole

11. Grease three deep steam pan with Buttermist.
12. Combine rice and broccoli in deep steam pan. Mix to combine.
13. Add sauce. Mix to coat broccoli and rice. Sprinkle breadcrumbs over top, 1 cup per pan.
14. Place in oven and bake for 40 minutes.
15. Offer each student a 1 cup serving of broccoli casserole using an 8oz spoodle or two (2) #8 scoops.

Nutritionals

Calories	184	Fiber (g)	4
Total Fat (gm)	7.5	Sugars (g)	2
Saturated Fat (g)	4.2	Protein (g)	10
Cholesterol (mg)	20	Iron (mg)	0.5
Sodium (mg)	410	Calcium (mg)	22
Potassium (mg)	32	Vitamin A (iu*)	0.18
Carbohydrates (g)	20	Vitamin C (mg)	0.67
		Vitamin D (mcg)	0.1

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