**Deanna’s Broccoli Rice Casserole**

**Serves 4 / SmartPoints per serving: ③ ③ ③**

**(Traditional Recipe: 11 SmartPoints)**

1½ cup diced onion

½ teaspoon garlic salt

1½ tablespoons flour

1½ cups unsweetened almond or cashew milk

½ teaspoon mustard powder

¼ teaspoon black pepper

¼ teaspoon nutmeg

¾ cup Velveeta shreds, any flavor, divided

2 cups riced vegetables of your choice\*(see notes below)

4 cups finely chopped broccoli florets

1 cup **cooked** long grain white rice (I prefer basmati)

Paprika for sprinkling

Heat oven to 350°. Spray a 6-8 cup casserole dish with cooking spray.

Heat a large non-stick skillet over medium heat. Add onion and garlic salt and cook until translucent, stirring often, about 4 minutes. Add flour and cook, stirring constantly for one minute. Add the milk gradually to the pan while whisking; add mustard powder, pepper and nutmeg and cook until thick and bubbly, about 2 minutes. Remove from heat and stir in ¼ cup cheese.

Place riced vegetables and broccoli in a microwave-safe bowl. Add 2 tablespoons water, cover and steam on high for 2 minutes. Add undrained vegetables to cheese sauce along with the rice and mix well. Spoon mixture into prepared dish and sprinkle with paprika.

Bake for 20 minutes. Remove from oven and top with remaining cheese. Return dish to oven for an additional 10 minutes. Serve and enjoy!

*\*Note:* To make riced vegetables combine roughly chopped hard veggies such as butternut squash, cauliflower, and carrots in a food processor and pulse until they resemble rice. About 3 cups roughly chopped yields 2 cups riced.

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