

Cheesy Garden Casserole

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Ingredients

- 2 cups cooked brown rice
- 2 cups broccoli - cut 1/2" slices
- 2 carrots (1 cup) julienne strips
- 1 zucchini, sliced (1 cup)
- 1 cup cut green beans
- 2 tbsp water
- 1 can tomato sauce (8 oz)
- 1 tsp minced onion
- 3/4 tsp dried oregano
- 1 1/4 cup shredded cheddar cheese
- 1 1/4 cup Monterrey Jack cheese, shredded

Directions

1. Place rice in bottom of 10x6x2" dish.
2. Cook broccoli, carrots, zucchini, and green beans in boiling water for 5 to 7 minutes or until tender. Spoon veggies over rice.
3. Top with water, tomato sauce, dried onion, and oregano.
4. Cover and bake in 375 degree oven for 30 minutes.
5. Combine cheeses and sprinkle over casserole. Bake uncovered about 5 minutes longer or until cheese melts.
6. Garnish top with extra zucchini slices.

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