



## Broccoli, Cheese and Rice Casserole *(inspired by myrecipes.com)*

- 3 tablespoons butter
- 1/2 large sweet onion, finely chopped
- 1 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 3 tablespoons flour (I used Wondra)
- 1-1/2 cups milk
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 2 cups cooked rice
- 2 cups chopped fresh broccoli
- 2 cups grated cheese
- 1/2 cup fresh breadcrumbs
- 2 tablespoons melted butter

Melt butter in a large saucepan over medium high heat. Add onion and cook, stirring until onion is soft and transparent - about 3 minutes. Add salt, pepper and flour. Cook stirring for one minute then slowly whisk in milk. Add Dijon, Worcestershire sauce and cook until sauce has thickened. Remove from heat and stir in rice, broccoli, and cheese. Transfer mixture to a greased casserole dish. Arrange buttered crumbs on top and bake in a 350 oven for 25 to 30 minutes, until casserole is bubbling hot and crumbs are golden brown. Makes 6 servings.