

Chickpea, Brown Rice, & Broccoli Crockpot Casserole

Ingredients

Long-grain brown rice, dry	1 cup
Vegetable broth	2.5 cups
Chickpeas, rinsed and drained	1, 15 oz. can
Frozen broccoli	1, 12 oz. package
Yellow onion, diced	1/2 cup
Garlic cloves, minced	2 cloves
Plain Greek yogurt	1, 5.3 oz. container
Shredded cheddar cheese	1/2 cup

Instructions

1. Place rice, vegetable broth, chickpeas, broccoli, onion, and garlic in a 5 qt. slow cooker.
2. Cook on high (covered) for 2 to 2 1/2 hours, or until rice is cooked through and most of the liquid is absorbed.
3. Turn off slow cooker. Stir in Greek yogurt and cheese.
4. Season with salt and pepper to taste.

Kitchen Classroom

Homemade Veggie Broth

Ingredients:

- 1 tbsp. olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 gallon bag of: onion ends, leftover herbs, carrot peels, broccoli stems, kale stems, squash skins, mushroom stems, celery ends or any veggie scraps you have
- 12 cups of water
- 2 bay leaves
- 1 tsp. whole peppercorns

Heat olive oil in large pot over med-high heat. Add chopped onion and garlic, sauté for 5 mins. Add veggie scraps, water, bay leaves, and peppercorns.

Bring to a simmer and cook for 45 minutes or until broth is fragrant and rich in color.

Strain veggie scraps and discard. Use broth right away or freeze.

Nutrition Information per Serving

Serving Size: 2 cups per serving, makes 4 servings

Calories: 390

Fat: 9 gm

Sodium: 360 mg

Fiber: 9 gm

Carbohydrates: 60 gm

Protein: 18 gm

