

Brown Rice and Veggie Casserole



You can add as many or as few veggies as you like to this casserole.

Serves 4

1 1/4c brown rice	1 red bell pepper, diced	1/2c onion, chopped	1/4c parsley, chopped
2 3/4c vegetable broth	1 small zucchini, diced	1 parsnip, peeled, diced	1t basil, dried
1T butter or olive oil	2 red or golden beets, peeled, diced	1/2c pecans, chopped	1t thyme, dried
1/2c carrot, diced		1/2c dried fruit (I like apricots or cherries)	1 garlic clove, finely minced
1/4c mushrooms, sliced	1/3c frozen peas		1 egg

Preheat oven to 350. Prepare rice according to package directions using vegetable broth and olive oil or butter. Place in large bowl. Add egg, onion, garlic and dried herbs and mix well.

Add any or all of the vegetables, pecans and dried fruit.

Bake, uncovered, 25~30 minutes. Add more broth if rice is too dry.

Prepare Ahead Tip

This casserole can be prepared up to the point of baking. Cool completely and tightly wrap with heavy~duty aluminum foil. Freeze. Thaw overnight in refrigerator day before consumption and bake as directed.