

# TURKEY & BROCCOLI CASSEROLE



Serves 10-12



## DIRECTIONS

1. Preheat oven to 425
2. Cook rice per package directions
3. In a big stock pot, brown meat with salt pepper and Italian seasoning. Then remove from the pot, set aside.
4. In that same stock pot, add all the veggies and let them wilt down. Add salt pepper and Italian seasoning.
5. Add the heavy cream and the broth. Let that come to a slow/low boil.
6. Make your cornstarch and water slurry and add it into the stock pot. Let this cook for about 5-8 minutes or until the sauce gets thicker.
7. Layer a baking dish; rice, meat, sauce (should get 2 layers out of this)
8. Add cheese on top and bake for 20-25 minutes.
9. Serve and ENJOY!!

## INGREDIENTS

- 1lb ground turkey or chicken
- 2-3 florets of broccoli; chopped
- 1 onion; chopped
- 6-8 baby carrots; chopped
- 3-4 celery stalks; chopped
- 2 cups uncooked brown or wild rice
- 1/2 cup heavy whipping cream
- 8-10 cups chicken broth
- 2 tbsp cornstarch
- 1/2 cup water
- Salt, pepper, Italian seasoning, oregano
- Shredded cheddar cheese; optional

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