

## Creamy Broccoli & Rice Casserole (or Casserole Burgers)

### 'Cheese' Sauce - (already batch-prepared..You can double and use half for the casserole)

1/2 cup cashews, soaked in hot water several hours, drained. (White beans can be used instead of cashews.)	Add to blender. Blend until smooth. Set aside. Lightly grease 8" square baking dish. Set aside.
1/4 cup nutritional yeast	
1 Tbsp arrowroot powder	
1/2 tsp onion powder	
1/2 tsp garlic powder	
1/2 tsp smoked paprika	
1/2 tsp salt	
1/2 tsp turmeric	
1/2 tsp dried thyme or oregano	
1/4 tsp cayenne pepper	
1/4 tsp black pepper	
1 Tbsp miso paste	
1 Tbsp Dijon mustard	
1/2 lemon, juiced	

2 cups cooked brown rice or quinoa	Each of these is already batch-cooked. Mix together in large bowl. Preheat oven to 375F.
2 cups (1 can) chickpeas, drained, rinsed	
2 cups steamed broccoli florets	

1 small onion, diced	Saute' in water or broth. Add to bowl. Add 'Cheese' sauce to bowl. Mix together. Pour into baking dish.
2 cloves garlic, minced	

1/4 cup whole grain bread or cracker crumbs, toasted	For Casserole Burgers, skip this section. Mix together. Sprinkle atop casserole. Bake 25 minutes.
1 Tbsp nutritional yeast	

Pair with a simple side salad or roasted vegetables.