

## Broccoli or Cauliflower Casserole

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|---|------------------------|
| 1 can ev. of mushroom                           | 1 c min rice           |
| 1 pkg frozen broccoli<br>cauliflower (thaw 1/4) | 1/4 c cooked ch. onion |
| 1 4oz jar cheese whiz                           | 3/4 st butter          |
|   | 1/2 c hot water        |

Mix all ingredients together. Cook uncovered  
35-45 min @ 350. (Micro 5 min 2x)

Marie