

CHEESY PORK BROCCOLI CASSEROLE



Prep time: 30 minutes



Cook time: 35 minutes



Serves 6

Ingredients

- 1.5 lbs lean ground pork (90% lean or higher)
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper
- 2 cups low-sodium chicken broth
- 1 cup low-fat (1%) milk
- 1½ cups shredded reduced-fat cheddar cheese, divided
- 1 cup uncooked long-grain white rice
- 1 bag (12 oz) frozen broccoli florets, microwaved and chopped



Instructions

1. Preheat your oven to 350°F and spray a 9x13-inch baking dish with nonstick spray to coat.
2. In a large skillet over medium heat, cook the lean ground pork until fully browned. Drain any excess fat and set the pork aside. Wash your hands again after handling the pork.
3. Cook the rice according to package instructions and set aside.
4. In the same skillet, melt the butter over medium heat. Once melted, whisk in the flour and cook for 1-2 minutes, stirring constantly, until it forms a smooth paste.
5. Slowly whisk in the chicken broth, stirring to avoid lumps. Add the milk and continue stirring until the mixture thickens, about 3-5 minutes.
6. Stir in the garlic powder, onion powder, and black pepper. Remove from heat and mix in 1 cup of shredded reduced-fat cheddar cheese until melted and smooth.
7. In a large bowl, mix the cooked ground pork, cooked rice, chopped broccoli, and cheese sauce until evenly combined. Transfer the mixture to the prepared baking dish. Spread evenly and top with the remaining ½ cup of cheddar cheese.
8. Cover with aluminum foil and bake for 20 minutes. Remove the foil and bake for an additional 10-15 minutes, or until the cheese is melted and bubbly. Let the casserole rest for 5 minutes before serving.



FOOD AS HEALTH *Alliance*

CHEESY PORK BROCCOLI CASSEROLE

This Cheesy Pork Broccoli Casserole is a lighter take on a classic family favorite, made with lean ground pork, tender broccoli, and a creamy cheddar sauce baked until golden and bubbly. With balanced sodium levels and nourishing ingredients, it's a comforting dish that everyone at the table will enjoy.

Nutrition Facts	
Portion Size	357 g
Amount Per Portion	
Calories	413
% Daily Value *	
Total Fat 15g **	19 %
Saturated Fat 7.8g **	39 %
Cholesterol 101mg **	34 %
Sodium 339mg	15 %
Total Carbohydrate 33g **	12 %
Dietary Fiber 2.6g **	9 %
Sugar 3g **	
Protein 38g	76 %
Vitamin D 0.2mcg **	1 %
Calcium 270mg **	21 %
Iron 3mg **	17 %
Potassium 505mg **	11 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

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