



Makes 6 cups
Preparation Time: 25 minutes
Cook Time: 20 minutes

INGREDIENTS:

3 cups broccoli florets
1 onion, chopped (1 cup)
2 teaspoons garlic powder
1½ teaspoons mild chili powder
1½ teaspoons smoked paprika
2 tablespoons rolled oats
1½ cups unsweetened,
unflavored plant milk, such as
almond, soy, cashew, or rice
1½ teaspoons white wine
vinegar or apple cider vinegar
¼ teaspoon sea salt
Freshly ground black pepper, to
taste
2 cups cooked brown rice
1 15-oz. can chickpeas (1½
cups), rinsed and drained
1 tomato, chopped (1 cup)
2 tablespoons finely chopped
fresh parsley

Broccoli and Brown Rice Casserole with Chickpeas

Broccoli and some pantry staples are all you need to make this comforting rice casserole, which has a subtly creamy texture thanks to a slurry of oat flour and plant milk. Dial up the chili powder and paprika if you like more heat. This recipe is gluten-free if you use certified gluten-free oats.

For more comforting casserole recipes, check out our [Vegan Casserole Recipes for Cold Nights](#).

By Darshana Thacker Wendel

- 1** Preheat oven to 400°F. Place broccoli in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, about 4 minutes or until tender.
- 2** Heat a skillet over high. Add onion, garlic powder, chili powder, paprika, and ¼ cup water. Cook about 10 minutes or until onion is tender, stirring occasionally.
- 3** Meanwhile, place rolled oats in a spice grinder or food processor; grind or pulse until the consistency of flour. In a small bowl whisk together oat flour, milk, and ½ cup water.
- 4** Stir milk mixture into skillet. Add vinegar, salt, and pepper. Taste and adjust seasoning. Cook 3 to 5 minutes or until thickened, stirring occasionally. Remove sauce from heat.
- 5** In a baking dish combine broccoli, rice, and chickpeas. Spread evenly. Pour sauce over rice mixture.
- 6** Bake 20 minutes. Sprinkle with tomato and parsley. Serve warm.