



Makes 9x13-inch casserole
Cook Time: 1 hours

INGREDIENTS:

1 medium yellow onion, halved lengthwise and sliced into ¼-inch-thick strips (2 cups)

4 cups thinly sliced mushrooms (10 ounces)

1 tablespoon minced fresh garlic

1 teaspoon dried oregano

2 cups unsweetened, unflavored plant-based milk

¼ cup oat flour

3 tablespoons nutritional yeast

Pinch ground turmeric

1 teaspoon sea salt

⅛ teaspoon freshly ground black pepper

6 cups cooked short grain brown rice

2¼ cups canned kidney beans, rinsed and drained (1½ 15-ounce cans)

2 cups ½-inch broccoli florets

⅓ cup chopped fresh dill (1 tablespoon reserved for garnish)

2 tablespoons fresh lemon juice or apple cider vinegar

Vegan Rice and Bean Casserole

This vegan casserole is plant-based comfort food at its best: a creamy, savory mix of beans, rice, veggies, and a cheesy sauce that will have them coming back for seconds and thirds.

By Darshana Thacker Wendel

- 1 Preheat the oven to 400°F.
- 2 Heat a skillet on high. Add the onions, mushrooms, garlic, and oregano; sauté 10 minutes, stirring frequently. If needed, add water, 1 to 2 tablespoons at a time, to prevent sticking.
- 3 To make the cheesy sauce, in a medium bowl, combine the milk, oat flour, nutritional yeast, turmeric, salt, pepper, and 1 cup water; mix well.
- 4 In a large bowl, combine the sautéed vegetables, rice, beans, and broccoli. Add the cheesy sauce and lemon juice. Reserve 1 tablespoon of dill for garnish, and add the remaining dill to the bowl.
- 5 Spread mixture evenly in a 9x13-inch casserole dish. Bake for 30 minutes.
- 6 Garnish with dill before serving.