

Creamy Broccoli Casserole *(makes 8-10 servings)*

Ingredients

Nutty Breadcrumbs (Can make these ahead of time!):

- 1 ½ cup roughly chopped walnuts
- 2 tsp. coconut oil or ghee, melted
- 1 tsp. ground turmeric
- ½ cup ground flaxseed
- Pinch salt & pepper



Casserole Fixins:

- 9-10 cups broccoli, chopped into small florets
- 2 cups raw cashews, soaked 2-8 hours, drained and rinsed
- 3 cups favorite broth (Bonus points for bone broth! Can sub water instead.)
- 1 Tbls. miso paste
- 1 tsp. salt
- ¼ cup nutritional yeast
- 2 Tbls. apple cider vinegar (or sub lemon juice)
- 2 Tbls. ghee (or sub olive oil)
- 2 cloves garlic, minced
- 1 small yellow onion, diced
- 12oz cremini mushrooms, diced
- salt & pepper to taste

Instructions

MAKE NUTTY BREADCRUMBS:

1. Toss walnuts with coconut oil, turmeric salt & pepper. Spread on a baking sheet and toast for 6-8 minutes, until browned and fragrant. Let cool and add to a food processor along with ground flaxseed. Pulse to form consistency of breadcrumbs. Pour into a bowl and set aside so you can use your food processor in a later step.

MAKE MUSHROOM CREAM SAUCE:

2. Add cashews, broth, miso, salt, nutritional yeast and apple cider vinegar to a food processor and blend until smooth.
3. Preheat a large saucepan over medium-low heat and add ghee to melt. Add garlic and onion, stirring consistently for 1-2 minutes until softened and aromatic.
4. Add mushrooms and cook 4-5 minutes, stirring intermittently, until mushrooms have released their juices and are softened.
5. Add creamy cashew blend to the mushroom mix in the pan and stir. Cook 5-7 minutes until the sauce has thickened, add a little salt and pepper a bit and remove from heat.

MAKE CASSEROLE:

6. Preheat oven to 350°F.
7. Grease a 13x9" casserole dish with olive oil or ghee. Add broccoli to evenly cover the bottom and set aside.
8. Pour creamy mushroom sauce all over the broccoli in the casserole dish to evenly coat.
9. Spread nutty breadcrumbs over the top of the mixture and bake, uncovered, for 30 minutes, or until breadcrumbs are browned.