

Broccoli Mushroom Casserole Supreme



Dr. Fuhrman's Broccoli Mushroom Casserole Supreme is sure to give you the warmth of a fall-through-springtime casserole and the nutrients of a soup full of greens goodness.

Serves: 5

A carton of Dr. Fuhrman's Supreme Greens B-BOMBS Soup and four other ingredients, that's all it takes to make this comfort food classic that you can feel good about serving. It will become a family favorite!

INGREDIENTS:

3 cups fresh or frozen broccoli florets

8 ounces mushrooms, cleaned and sliced

1 1/2 cups cooked kidney beans or 1 (15 ounce can) low sodium or no-salt-added kidney beans, drained

3 cups cooked farro

1 (17.6 ounce) carton (about 2 cups) Dr. Fuhrman's [Supreme Greens](#) G-BOMBS Soup

INSTRUCTIONS:

Preheat oven to 350 degrees F.

- Thaw frozen broccoli or if using fresh, steam for 10 minutes or until crisp tender.
- Sauté mushrooms until tender and most of the liquid is cooked off.
- Combine all ingredients in a 2 quart casserole.
- Bake for 20 minutes or until heated through.

Calories 300; Protein 15 g; Carbohydrates 48 g; Sugars 2 g; Total Fat 6.8 g; Saturated Fat 0.9 g; Cholesterol 0 mg; Sodium 46 mg; Fiber 10.1 g; Beta-Carotene 918 ug; Vitamin C 66 mg; Calcium 124 mg; Iron 4.5 mg; Folate 202 ug; Magnesium 140 mg; Potassium 723 mg; Zinc 2.8 mg; Selenium 10.8 ug

<https://www.drfuhrman.com/recipes/2429/broccoli-mushroom-casserole-supreme>