



## From Our Kitchens

### **One-Pot Cheesy Broccoli Chickpea Casserole**

**Serves 3-4 as a vegetarian main dish or 4-6 as a side**

#### **Ingredients**

**1 tablespoon olive oil**

**1 small onion, chopped**

**3 cloves garlic, minced**

**1 cup quick cooking farro (I used TJ's 10 minute farro) or brown rice**

**2 cups milk**

**1 cup vegetable broth (I used low-sodium)**

**1 teaspoon salt**

**Black pepper**

**1 12 oz. bag pre-cut fresh broccoli florets (I used TJ's)**

**2 cups chickpeas, rinsed and drained (about 1.5 cans – you could just add 2 cans without much problem)**

**1 cup grated sharp cheddar cheese or melty cheese of your choice**

#### **Instructions**

- 1. Heat the olive oil in a large skillet or sauté pan over medium heat. Add the onion and sauté 5 minutes until softened. Add the garlic, salt, and black pepper and sauté 30 seconds more.**
- 2. Add the farro or rice to the pan and toast for 1-2 minutes. Add the milk, and broth and stir to combine. Bring to a boil, then reduce the heat to low, cover and cook for 8 minutes.**
- 3. Remove the lid and stir in the broccoli and chickpeas. Cover and continue to cook for about 5 minutes more.**
- 4. When the farro or rice is done, remove from heat and stir in half of the cheese and add more salt if necessary. Top the casserole with the remaining cheese and let stand until melted. Serve and enjoy!**

*Adapted from the blog Flavor the Moments*