



Jeanette's Famous Broccoli and Crouton Casserole, Rachaelmagized

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



913 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 2 medium heads broccoli cut into thin florets
- ☐ 4 tablespoons butter
- ☐ 4 tablespoons butter diced
- ☐ 2 carrots coarsely chopped
- ☐ 1 bunch celery with leafy tops, chopped 6 cups organic
- ☐ 2 medium celery roots cubed peeled celeriac

- ☐ 2 ribs celery
- ☐ 6 servings celery salt
- ☐ 6 cups chicken stock see homemade store-bought
- ☐ 4 tablespoons evoo
- ☐ 1 large bay leaf fresh
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 2 full bone-in
- ☐ 2 cloves garlic crushed
- ☐ 4 cloves garlic chopped
- ☐ 6 cloves garlic finely chopped
- ☐ 2 cups heavy whipping cream
- ☐ 1 optional: lemon sliced
- ☐ 1 onion quartered
- ☐ 2 onions chopped
- ☐ 1.5 cups parmigiano-reggiano grated
- ☐ 6 servings bundle of parsley fresh
- ☐ 3 tablespoons parsley finely chopped
- ☐ 9 servings peppercorns black
- ☐ 2 large russet potatoes cubed peeled
- ☐ 6 servings salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ ziploc bags

- ☐ immersion blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Heat EVOO over medium heat in saute pan.
- ☐ Add the butter to the oil and when it foams, add the garlic, thyme, parsley and pepper and swirl for 1 to 2 minutes.
- ☐ Place the bread in a large bowl and toss with the butter sauce and half the cheese. Arrange on a baking sheet and bake until deeply golden and crispy, 20 minutes. The croutons can be stored wrapped in foil at room temp or in an airtight container for several days.
- ☐ Bring a couple of inches of water to boil in a deep skillet. Salt the water and add the broccoli. Cook to tender-crisp, 5 minutes; drain. The broccoli can be stored in the fridge in a plastic bag for several days.
- ☐ To assemble and bake the casserole, preheat the oven to 400 degrees F and arrange the croutons in a dish. Top with the broccoli, chicken, soup and remaining 3/4 to 1 cup Parm.
- ☐ Bake until hot throughout and golden on top, 35 to 40 minutes.
- ☐ Place the chicken, carrots, celery, onion, garlic, lemon, herb bundle, peppercorns and salt in a pot, cover with water and bring to a low boil. Reduce heat to simmer and simmer for 1 hour minimum. Cool the chicken in the broth.
- ☐ Remove the chicken and cool. Separate the meat and pull or chop into bite-size pieces. Reserve for the Broccoli Casserole preparation. The chicken can be stored in a plastic bag in the fridge for 4 days. Strain the stock and reserve for soup.
- ☐ Heat a soup pot over medium heat. Melt the butter and when it begins to foam, add the celery, onions and garlic; season with celery salt and pepper.
- ☐ Add the fresh bay leaf to pot, partially cover, and cook until very tender and soft, about 20 minutes, stirring occasionally.
- ☐ Add the potatoes, celeriac and stock and bring to a boil. Reduce heat to a low rolling boil and simmer, partially covered, for another 20 minutes, then puree with an immersion blender. Cool the soup and store for a make-ahead meal.
- ☐ Place the soup in a stockpot and stir in the cream. Bring to simmer and taste to adjust seasoning.

Nutrition Facts



 **PROTEIN 16.4%**  **FAT 62.93%**  **CARBS 20.67%**

Properties

Glycemic Index:116.18, Glycemic Load:20.82, Inflammation Score:-10, Nutrition Score:35.672608707262%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.33mg, Apigenin: 5.33mg, Apigenin: 5.33mg, Apigenin: 5.33mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 913.08kcal (45.65%), Fat: 64.94g (99.9%), Saturated Fat: 34.58g (216.1%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 42.67g (15.52%), Sugar: 11.37g (12.63%), Cholesterol: 202.19mg (67.4%), Sodium: 1412.72mg (61.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.14%), Vitamin A: 5764.16IU (115.28%), Vitamin B6: 1.43mg (71.32%), Vitamin B3: 13.59mg (67.94%), Vitamin K: 61.27µg (58.35%), Phosphorus: 565.3mg (56.53%), Selenium: 39.54µg (56.49%), Calcium: 456.3mg (45.63%), Potassium: 1480.58mg (42.3%), Vitamin C: 33.75mg (40.91%), Manganese: 0.78mg (39.12%), Vitamin B2: 0.63mg (37.34%), Magnesium: 97.72mg (24.43%), Vitamin B1: 0.33mg (21.96%), Fiber: 5.34g (21.36%), Vitamin B5: 2.1mg (20.97%), Iron: 3.76mg (20.91%), Vitamin E: 3.09mg (20.6%), Copper: 0.4mg (20.11%), Folate: 72.59µg (18.15%), Zinc: 2.41mg (16.09%), Vitamin B12: 0.61µg (10.16%), Vitamin D: 1.47µg (9.8%)