

Cheezy Chickpea, Broccoli, and Cauliflower Casserole

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By Flora & Vino

Prep Time: 30 min. • Cook Time: 40 min.

Serves 3-4

INGREDIENTS

CASSEROLE:

- Coconut or avocado oil, for greasing
- 1 15 oz can chickpea, drained and rinsed
- 1 medium-large head cauliflower, shredded or grated into “rice”
- 3+ cups roughly chopped broccoli (2 small to medium heads– or more, this recipe is forgiving!)
- 1/4 cup vegan parmesan cheese (*Parma brand or from scratch, see below.*)
- Himalayan sea salt & black pepper to taste

SAUCE:

- 1 cup carrots, peeled and roughly chopped
- 2 cups peeled and diced sweet potatoes
- ½ – ¾ cup nutritional yeast
- ¼ cup runny tahini
- ½ cup almond milk (+more as needed for thinner consistency)
- 2 tsp. lemon juice
- ½ tsp. garlic powder
- ½ tsp. paprika
- 1 tsp yellow mustard
- dash of Himalayan sea salt
- Optional for serving: more vegan parmesan, chopped parsley

Plant-Based “Parmesan” Cheese

- 1/2 cup walnuts ground up in food processor or use rolling pin
- 1 tsp. nutritional yeast
- Pinch of salt



INSTRUCTIONS

Preheat oven to 375°F and lightly grease a 9×13 inch baking dish with coconut or avocado oil.

CASSEROLE:

- Pulse cauliflower in food processor or high-speed blender until it resembles “rice”.
- Steam broccoli florets for 3-5 mins in steamer basket in sauce pan with 1-2 inch of water until tender crisp.
- Heat a separate skillet over medium heat. Once hot, add a drizzle of avocado oil and cauliflower rice. Season with Himalayan sea salt and black pepper; stir to coat. Cover; allow to rice to “steam” for 4-5 min. until tender. Set aside.

CHEEZY SAUCE:

- Place baby carrots and peeled potatoes in a pot, cover with filtered water. Bring to a boil; cook 10-15 minutes, or until fork tender. Drain them. Add them to a high speed blender with remaining sauce ingredients. Blend until all ingredients are well mixed and the consistency is velvety and smooth with no lumps. Add more almond milk, if needed, for a thinner consistency, but you want this cheese sauce to be thicker to coat the casserole. frequently.

BAKING PREP:

- Place casserole mixture into a large mixing bowl and season with vegan parmesan cheese. Stir to coat.
- Add about 3/4 cheezy sauce to the mixture and stir well to coat. The author only used 3/4 of the sauce (saved the rest for dipping), but you can make it as cheesy as you want.
- Spoon mixture into greased baking dish; use patula to spread it to an even thickness. Top with another sprinkle of vegan parmesan cheese, if desired.

BAKE:

- Cover (with foil) and bake for 20 minutes. Remove foil, increase oven temp to 400°F, and bake for 10-20 minutes more or until bubbly and slightly golden brown.
- Cool slightly. Serve as is or with more vegan parmesan and chopped parsley.

STORE leftover casserole in the fridge for 5-7 days.