Broccoli Rice

1 cup Cooked Rice

2 cups Cooked Broccoli

1 onion

1 Bell Pepper

3 Cloves Garlic

½ cup Milk

1 Tblspn Flower

Bread Crumbs

Butter

Cheese (cheddar or mozzarella) graded

Sauté trinity

Mix rice, broccoli, trinity and cheese in casserole dish

Add a little milk & flower

Top with bread crumbs

Bake till bobbling