

Harvest Vegetable Casserole

Yield: 24 servings

Ingredients	Measure		Nutrition per Serving (with 2 oz chicken and 1/2 cup cooked barley)	
	24 - 3/4 cup			
Olive oil	2 oz (1/4 cup)		Calories	300
Chopped onions	1 1/3 lb (3 cups)		Total Fat g	8
Chopped carrots	1 lb (3 cups)		Saturated Fat g	1.5
Chopped red bell peppers	1 1/4 lb (3 cups)		Cholesterol mg	30
Minced garlic	2 Tbsp		Sodium mg	100
Rubbed sage	1 Tbsp		Carbohydrate g	41
Water	1 1/2 quarts		Fiber g	9
Med-Diet® Low Sodium Cream Soup Base	8 1/2 oz (1 3/4 cups)		Sugar g	5
Med-Diet® Low Sodium Chicken Soup Base	1/2 oz (1 Tbsp)		Protein g	17
Frozen broccoli, thawed	12 oz (3 cups)			
Ground black pepper	to taste			
Cut-up cooked chicken or turkey breast	as desired			
Cooked barley, rice or other whole grain	as desired			

Preparation

1. In large saucepan, heat oil. Add onions, carrots, bell peppers, garlic and sage; sauté until vegetables are tender.
2. Add water, cream soup base and chicken soup base; whisk until blended.
3. Add broccoli to saucepan; cook and stir until sauce is thickened and 165°F. Season with black pepper.
4. Stir chicken and barley into sauce; spoon mixture evenly into individual casseroles. Sprinkle with grated or shredded fresh Parmesan cheese, if desired. Broil just until cheese is browned.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Cream Soup Base	6 – 14 oz	6 gal	K9212
Med-Diet® Low Sodium Chicken Soup Base	6 – 16 oz	37.5 gal	K9216