



# Chickpea and Rice Casserole

**Yield:** 6 servings

## Ingredients

2 cups vegetable stock,  
low or no salt added  
¾ cup unsweetened plain plant  
milk, soy, oat, almond, etc.  
2 tablespoons nutritional yeast  
1 cup brown rice  
15 ounces canned chickpeas,  
drained and rinsed  
8 ounces sliced mushrooms  
1 cup diced onion  
½ cup diced celery  
1½ teaspoons minced garlic  
¼ teaspoon crushed red pepper  
flakes (optional)  
¼ teaspoon dried thyme  
¼ teaspoon kosher salt  
2 tablespoons chopped  
fresh parsley

Presented by  
**Culinary Medicine**

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## Instructions

1. Heat oven to 400 degrees.
2. In a small pot add vegetable stock, milk and nutritional yeast, bring to a boil.
3. In a 9 x13 baking pan add brown rice, chickpeas, mushrooms, onion, celery, garlic, red pepper flakes, thyme and salt. Stir together.
4. Once liquid mixture is boiling, pour evenly into the 9 x13 pan, cover with foil and bake for an hour or until rice is tender, adding more stock and cooking longer, if needed.
5. Top with parsley.



## Nutrition Information

**Serving Size:** ⅓ of recipe  
Calories: 228  
Total Fat: 3.3 g  
Monounsaturated Fat: 0.6 g  
Polyunsaturated Fat: 1 g  
Saturated Fat: 0.5 g  
Sodium: 214 mg  
Total Carbohydrate: 40.8 g  
Dietary Fiber: 6 g  
Sugars: 4.6 g  
Protein: 9.7 g

Source: Adapted from My Bowl

