

Mushroom and Kale Casserole

Prep Time:

10 minutes

Cook time:

40 minutes

Yield:

6-8 servings

Ingredients

- ½ cup raw cashews
- ¼ cup nutritional yeast
- 1 cup unsweetened almond milk
- 2 cups small broccoli florets, fresh or frozen
- 1 cup mushrooms, chopped
- 1 cup artichoke hearts, chopped
- 2 cups kale, stems removed, rough chopped
- ¼ cup onion, small diced
- 1-2 garlic cloves, minced
- Salt and pepper to taste

Directions

Preheat oven to 350 degrees.

Blend the cashews, nutritional yeast and almond milk until creamy. Mix in a large bowl with remaining ingredients. Transfer to a 9x13 baking pan and bake for 40 minutes.