

Vegetable Medley

Cheese Sauce:

6 Tbsp margarine or butter
6 Tbsp flour
½ tsp salt
¼ tsp pepper
3 cups milk
½ tsp dry mustard
2 cups shredded sharp cheddar

Vegetables :

3-4 cups sliced carrots
1 crown of broccoli – chopped
(1 pkg of frozen chopped spinach or equivalent fresh can be used in place of broccoli)
1 large onion thinly sliced

Steam vegetables for about 5 minutes to soften a bit
Place veg in layers in dish – carrots, broccoli/spinach and then onion
Pour cheese sauce over all and then top with ½ cup of dry bread crumbs and some parsley.

I usually use one of my larger deeper casserole dishes a la 1970's vintage but a 9 x 13 pan would probably work well.

Bake at 350 degrees for about 40 minutes – until bubbling