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# MJ and Sicily's Broccoli and Cheese Casserole for #CelebrateWithAPlate

By [Natasha Bunzl, Communications Associate](#)

We asked some of our favorite chef friends around NYC to share a recipe that our followers might cook for their Thanksgiving Meal. The result is a 5-dish simple but delicious Thanksgiving menu. We'll be releasing one recipe from a different borough each Sunday for the next 5 weeks here on our blog. We think you can enjoy these any day of the year.

This week, we're in the Bronx where we serve 1,354 clients. This delicious casserole comes from Mavis-Jay and Sicily Sierra, partners in life and in business. These chefs and food entrepreneurs in the Bronx, NY are the founders of the company [Food+People](#).

Of this recipe, they says "Food has always been a source of joy, gathering, healing, and love for our family. It was how we were raised. We have a desire to make people feel seen, heard, and valued with food—that's why we love God's Love We Deliver. It does your heart so much good to share meals with others—that should be the relationship we have with food. This is one of our favorite recipes! It cost \$30 (max) to feed at least 8 people – that is \$3.75 per person! (with ingredients left over), and it uses very few dishes. No one likes doing dishes!!!! So, why do more than you need to!!!

## Ingredients:

**2 tablespoons neutral high-heat oil –ideally grapeseed oil**  
**1 medium onion – small dice**  
**4 cloves garlic – minced**  
**3 10-ounce bags frozen broccoli, thawed to prevent excess moisture**  
**8 ounces sour cream**  
**1 10.5 ounce can cream of mushroom soup**  
**1 10.5 ounce can cream of celery soup**  
**1 10.5 ounce can cream of chicken soup**  
**4 cups cheddar cheese – shredded**  
**1 cup French fried onions – or as much as your heart desires!!**  
**1 stick of unsalted butter**  
**1 sleeve Ritz Crackers – crunched up – but keep it chunky**  
**Pepper to taste**

## Method:

1. Preheat your oven to 450°F.
2. Grab your non-stick skillet and heat over medium-high heat.
3. Add oil and let it heat until it shimmers.
4. Sweat the onions. No color – all translucent!!
5. Add garlic and cook until you can smell it.
6. Add broccoli and fold to incorporate well.
7. Turn off the heat but leave the pan there! We aren't wasting dishes!!
8. Fold in sour cream and incorporate well.
9. Incorporate each can of soup thoroughly before adding the next.

10. Fold in the cheese and make sure it doesn't clump all in one place.
11. Once the mixture is incorporated well, add it to your baking dish.
12. Don't smooth it out! You want peaks and valleys! Texture matters....
13. Sprinkle over your French fried onions.
14. Grab that dirty non-stick pan and heat to medium.
15. Melt butter and let it pick up the bits on the bottom of the pan! (If you're making this in front of company and you want to show off, the bits are called fond!)
16. Once the butter is almost fully melted turn off the heat.
17. Coat the Ritz Crackers in butter so they are completely covered.
18. Layer crackers on top of your casserole topped with French fried onions.
19. Put into the oven for 11 minutes.

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All 5 of the dishes we'll be sharing celebrate the immense diversity of flavors, experiences, clients, and supporters that we are lucky to be surrounded by in our beloved home-city.

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Please enjoy these dishes and share your results online by tagging @godslovenyc and #CelebrateWithAPlate

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