

Treasure Barrel

Fall Casseroles Your Family Will Love

30 min Prep time	**45 min** Cook time	**1 h 15 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Roasted Vegetables

- [ ] 1 medium butternut squash, peeled and cubed (about 4 cups)
- [ ] 1 lb Brussels sprouts, trimmed and halved
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper
- [ ] 1 teaspoon dried thyme

Cream Sauce

- [ ] 4 tablespoons butter
- [ ] ¼ cup all-purpose flour
- [ ] 2 cups whole milk
- [ ] 1 cup vegetable broth
- [ ] 1 teaspoon garlic powder
- [ ] ½ teaspoon nutmeg
- [ ] Salt and pepper to taste

Assembly

- [ ] 2 cups sharp cheddar cheese, shredded
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 cup panko breadcrumbs
- [ ] 2 tablespoons melted butter
- [ ] 2 tablespoons fresh parsley, chopped

Instructions

1. Preheat oven to 400°F (200°C). Toss the cubed butternut squash and halved Brussels sprouts with olive oil, salt, pepper, and dried thyme. Spread in a single layer on a baking sheet and roast for 20-25 minutes until tender and lightly browned.

2. While vegetables roast, make the cream sauce. Melt butter in a saucepan over medium heat. Whisk in flour and cook for 1 minute until golden. Gradually whisk in milk and vegetable broth until smooth. Add garlic powder, nutmeg, and season with salt and pepper. Cook until thickened, about 5-7 minutes.

3. Reduce oven temperature to 375°F (190°C). In a 9x13 baking dish, combine the roasted vegetables with the cream sauce. Stir in 1½ cups of the cheddar cheese until well distributed.

4. In a small bowl, mix panko breadcrumbs with melted butter and Parmesan cheese. Sprinkle the remaining ½ cup cheddar over the casserole, then top with the breadcrumb mixture.

5. Bake for 20-25 minutes until bubbly and the topping is golden brown. Let stand for 10 minutes before serving. Sprinkle with fresh parsley just before serving.

Nutrition per serving

320 kcal	14 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leftovers reheat beautifully in the oven at 350°F for about 15-20 minutes
- For a crisper topping, broil for the last 2-3 minutes of baking
- You can use frozen vegetables in a pinch, but thaw and pat them dry first
- This pairs wonderfully with a simple soup like this hearty vegetable soup for a complete meal