

## **CREAMY BROCCOLI AND MUSHROOM CASSEROLE**

*(slightly modified from The Iron You)*

1 ½ pounds broccoli florets  
2 tablespoons coconut oil  
1 medium shallot, thinly sliced  
1 celery stalk, finely diced  
1 pound white button mushrooms, sliced  
1 teaspoon dried thyme  
1 teaspoon fine grain salt  
½ teaspoon sweet paprika  
¼ teaspoon ground black pepper  
⅛ teaspoon red pepper flakes  
4 eggs, at room temperature  
1 cup full fat coconut milk

Heat oven to 350°F and place a rack in the middle. Grease a 9×13 baking dish with olive oil.

Place an inch of water in a saucepan with a steamer and bring to a boil. Steam the broccoli for 5 minutes, until tender but still firm. Remove from the heat and let cool.

While the broccoli cools, melt coconut oil in a large skillet over medium-high heat, add the shallot and celery and sauté until translucent and fragrant, about 5 minutes. Add mushrooms, thyme, salt, paprika, black pepper, and red pepper flakes. Sauté until mushrooms have browned a bit, about 8 minutes.

When broccoli florets have cooled down a little bit, chop the larger ones into bite-sized pieces. Add broccoli to the skillet and gently stir until combined. Pour the broccoli-mushroom mixture into the prepared baking dish. In a bowl whisk eggs with coconut milk and pour over broccoli mixture. Bake for 45 to 50 minutes until golden-brown.