

# Green Bean Casserole

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 9X13 pan      Servings: 8-10

Ingredients	Quantity	Measure
Green beans, canned or fresh	1	30 ounces can or pound
White mushrooms, fresh, sliced	1	pound
Onions, small, diced	½	cup
Vegetable oil	2	teaspoons
All-purpose flour	2	teaspoons
Salt	1	teaspoon
Pepper	1	teaspoon
Soymilk, unsweetened	2	cups
French fried onions	6	ounces

## Preparation

1. If using fresh green beans, blanch until tender. If using canned beans, drain and pour into a 1-quart casserole dish.
2. Sauté chopped onion in vegetable oil until translucent. Add mushrooms and cook for 10 minutes.
3. Add flour, salt and pepper to the onion/mushroom mixture. Stir and cook until slightly brown.
4. Slowly pour in milk and stir until thick and bubbly.
5. Pour over green beans and mix well.
6. Top with French-fried onions.
7. Bake at 350 degrees for 15-20 minutes.

## Nutrition Information

per serving \*From USDA Nutrient Database

Calories: 201 Total Fat: 12.5g Saturated Fat: 4.5g Carbohydrate: 18g Protein: 4g Sodium: 503mg  
Vitamin A: 44µg Vitamin C: 5mg Calcium: 94mg Iron: 1mg Folic Acid: 37µg