



GREEN BEAN CASSEROLE

SERVES: 8 (1 cup each) Prep Time: 30 min. Cooking Time: 1 hr. 30 min.

CONTAINER EQUIVALENTS (per serving): 1 1 2

3 tsp.	sea salt (or Himalayan salt), <i>divided use</i>
2 lbs.	fresh (or frozen) green beans, ends trimmed, cut into bite-sized pieces
4 cups	cipollini onions, peeled, cut in half vertically (approx. 20 oz.) (or frozen pearl onions)
2 Tbsp.	olive oil, <i>divided use</i>
2 tsp.	ground black pepper, <i>divided use</i>
¼ cup	balsamic vinegar
4 cups	sliced button mushrooms
4 cups	unsweetened almond milk
1 clove	garlic, sliced
½ tsp.	onion powder
1 tsp.	ground nutmeg
3 Tbsp.	cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
¾ cup	sliced raw almonds

SPECIAL EQUIPMENT:

Nonstick cooking

Aluminum foil

1. Preheat oven to 375° F.
2. Lightly coat a 4-quart casserole dish with spray. Set aside.
3. Bring 1 gallon water and 1 tsp. salt to a boil in a large pot over high heat.
4. Blanch green beans in boiling water for 2 to 3 minutes, or until tender-crisp and bright green. Place in ice water bath to stop cooking process. Drain and set aside.
5. Combine onions and 1 Tbsp. oil in a medium bowl; mix well. Season with ½ tsp. salt and ½ tsp. pepper.
6. Place on a baking sheet. Cover with aluminum foil. Bake for 20 minutes, or until onions are soft and light brown.
7. Remove foil; drizzle onions with vinegar. Bake, uncovered, for an additional 10 to 15 minutes, or until onions are mahogany brown (not black), and vinegar has reduced and thickened. Set aside.
8. While onions are cooking, heat *remaining* 1 Tbsp. oil in medium skillet over medium-high heat.
9. Add mushrooms; cook, stirring frequently, for 6 to 8 minutes, or until mushrooms are soft. Remove from heat. Set aside.
10. Bring almond milk to a gentle boil in a medium saucepan over medium heat.
11. Add garlic, onion powder, nutmeg, ½ tsp. salt, and ½ tsp. pepper; cook, stirring frequently, for 1 to 2 minutes.
12. Add cornstarch slurry to almond milk mixture; cook, whisking constantly, for 5 to 7 minutes, or until mixture thickens. Remove from heat. Set aside.
13. Combine green beans, mushrooms, and almond milk mixture in a large bowl; mix well. Season with *remaining* 1 tsp. salt and *remaining* 1 tsp. black pepper and add to prepared casserole dish.
14. Top green beans evenly with onions and almonds. Bake at 350° F for 35 to 40 minutes, or until casserole is hot and bubbly and almonds are golden brown.
15. Allow to rest for 5 to 10 minutes before serving.

AUTUMN'S COMMENTS:

For this recipe, I like to use fresh green beans because they have more flavor, nutrients, and crunch. If using frozen green beans, you can defrost, skip the blanching step, and proceed to step 5.

NUTRITIONAL INFORMATION (per serving): Calories: 188 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 671 mg Carbohydrates: 22 g Fiber: 7 g Sugars: 10 g Protein: 6 g

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