

GREEN BEAN CASSEROLE

gluten & dairy free

serves 10-12

Green Bean Base:

- 8 oz PORTOBELLO or CREMINI MUSHROOMS
- 2 cloves GARLIC, minced
- 3 tbsp EXTRA VIRGIN OLIVE OIL
- SEA SALT AND PEPPER TO TASTE
- 3 tbsp ALL PURPOSE FLOUR BLEND*
- 1 1/2 cup VEGETABLE BROTH*
- 1/2 cup COCONUT MILK, CANNED
- 1 lb GREEN BEANS, FROZEN

Crispy Onions:

- 2 medium YELLOW ONIONS
- 1/4 cup ALL PURPOSE FLOUR BLEND*
- 1/2 tsp GARLIC POWDER
- SEA SALT AND PEPPER TO TASTE
- GRAPESEED OIL

**Use gluten and dairy free flour and vegetable broth.*

1. Mushroom Base: Thaw green beans. Chop mushrooms into 1/4" cubes and sauté mushrooms over medium heat with olive oil, sea salt and pepper (until they begin to sweat about 3-5 minutes). Add garlic and sauté 1-2 minutes longer. Add flour (I used Trader Joe's AP gluten free flour blend) to mushrooms and stir to coat evenly. Add the vegetable broth a 1/2 cup at a time, whisking frequently with a fork. Once all broth has been added, cook 1 more minute. Stir in coconut milk and simmer. Cook until the sauce thickens, stirring often (approximately 5-6 minutes). Once thickened, remove from heat and mix with green beans; add additional sea salt and pepper if needed. Pour bean mixture into a greased 11" x 7" baking dish, set aside.

2. Crispy Onions: Cut onions in half lengthwise and peel outer layer. Using a sharp knife thinly slice onions. Place cut onions on paper towel and pat to remove excess moisture. Place flour, seasonings and dried onions in zip bag and shake to coat evenly. Shake off excess flour and fry onions on stove top (just until lightly browned) in grapeseed oil in small batches to prevent burning. Set aside on a paper towel, lightly covered with another paper towel to prevent soggy onions.

3. Layer crispy onions on top of green beans and bake at 375 degrees F for 20-25 minutes (if onions get too brown while baking cover casserole loosely with foil to prevent burning.) Serves 10-12.

Make ahead tip: *The day before serving assemble casserole through step one, cover and refrigerate. Complete step two half way, slice onions, dry and refrigerate. Mix flour and seasonings, keep sealed in air tight zip bag. Fry onions the day of baking and complete step three.*

NUTRITION INFO PER SERVING (about 1/12 casserole): 125 Calories, Total Fat 8, Saturated Fat 5g, Total Carbohydrate 11g, Dietary Fiber 2g, Sugars 3g, Protein 2g