

GREEN BEAN CASSEROLE (NO CANNED SOUP/STOVETOP)

Made with frozen cut green beans and fresh vegetables

🕒 25 minutes

🕒 40 minutes

👤 8 portions

INGREDIENTS

- 2 packages (10 oz) of beans, snap, green, frozen, all styles, unprepared (568 g)
- 4 cups diced of mushrooms, portabella, raw (344 g)
- 1 cup, sliced of onions, raw (115 g)
- 2 tsps of oil, or 10 sprays of PAM cooking oil (3g)
- 2 tsps of garlic, raw (6 g)
- 1/2 tsp of spices, onion powder (1 g)
- 1/3 cups, of cream, fluid, heavy whipping (79 g) or 100 grams of oatmilk unsweetened
- 8 fl oz of water (237 g)= 1 cup
- 1/8 cup of cornstarch (16 g)=2 tablespoons
- 1 teaspoon of lite Salt (6 g)
- 1/2 tsp ground black pepper (1 g)

COOKING METHOD

1. Wipe mushrooms with a damp cloth and pull the stems out before thinly slicing. Thinly slice the onions and use minced garlic
2. Add mushrooms, garlic, and onions into a pan with olive oil. Saute mushrooms, garlic, and onions until the onions are translucent.
3. Add green beans in the pan, season with garlic powder, onion powder, Garlic and Herb Mrs. Dash, and No Salt Kinder`s Lemon Pepper, add 1/4 cup of water and cover. Cook until you reach almost the desired doneness you prefer.
4. To make the cream sauce: add oat milk, almond milk or heavy whipping cream or vegan cream cheese (no cornstarch needed), corn starch, water, and "lite salt" in a bowl and whisk until mixed.
5. Add mixture to the green beans in the pan and stir until well incorporated. Let simmer covered for 5-10 minutes. Pour into a serving dish or bowl and sprinkle with your favorite toppers.

Optional toppers: Crispy roasted onions, roasted mushrooms, crispy onions, cheese, roasted tomatoes and nutritional yeast

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (174 g)	% DRI
ENERGY	42 kcal	73 kcal	4 %
FAT	2 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
CHOLESTEROL	3 mg	6 mg	2 %
SODIUM	28 mg	48 mg	2 %
CARBOHYDRATE	6 g	11 g	4 %
SUGARS	2 g	3 g	—
FIBER	2 g	3 g	11 %
PROTEIN	1 g	3 g	—