

Green bean casserole

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 9x13 pan; 8-10 servings

Ingredients	Qty	Measure/Weight
Green beans, canned or fresh	1	30 Oz. Can or Pound
White mushrooms, fresh, sliced	1	Pound
Onion, small, diced	½	Cup
Vegetable oil	2	tsp.
All-purpose flour	2	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Soy milk, unsweetened	2	Cups
French fried onions	6	Oz.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

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.

Serving Information

Serve with fresh glazed carrots.

Nutrition Information

 *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