

# Green Bean Casserole

Serves 6

Allergens: Wheat/gluten, tree nuts



VEGAN



VEGETARIAN



DAIRY FREE



## Ingredients

- 2 ½ cups plain, unsweetened cashew milk, divided
- ¾ cup whole wheat flour, divided
- 1 cup whole grain bread crumbs
- 1 yellow onion, thinly sliced
- 2 tablespoons canola oil
- ¼ cup shallot, minced
- 2 cloves garlic, minced
- 2 cups white and/or brown mushrooms, chopped
- 1 bouillon cube
- 16 ounces frozen green beans, thawed
- Salt and pepper to taste

## Directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a medium bowl, combine ½ cup cashew milk and ½ cup flour. Add a generous pinch of salt and stir to combine. Place bread crumbs in a separate bowl.
3. Separate the onion slices into individual rings. Dip onion rings into cashew milk batter, letting excess drip off, then dip into bread crumbs to coat. Place onto baking sheet, repeating until all of the onion is used. Bake for 25 minutes or until golden and crisp, flipping onions halfway.
4. Meanwhile, heat canola oil in a large skillet over medium-high heat. Add shallots and cook until they start becoming translucent, about 2-3 minutes. Add garlic and cook for 30 seconds or until fragrant, stirring often.
5. Add mushrooms and cook until tender, about 5-7 minutes, stirring occasionally. Sprinkle ½ cup flour over the mushrooms and cook for 1 minute, stirring occasionally. Carefully stir in remaining 2 cups of cashew milk, then add bouillon. Stir often for about 5 minutes until the mixture thickens to resemble a thick, creamy soup. Add salt and pepper to taste.
6. Stir in green beans. Add ½ baked onions, then pour into a casserole dish. Bake for 20 minutes. Top with remaining onions and bake for another 5 minutes or until the top is golden brown.

## Notes

- This recipe is like 3-in-1! You can make the onion topping alone as baked onion rings, the mushroom soup alone (before adding the green beans), or make the whole casserole.
- This recipe has lots of room for substitutions. You can top the casserole with just bread crumbs rather than making the baked onions. You can also use traditional green bean casserole ingredients in place of some of these components made from scratch to save time.
- It is perfectly fine to use frozen vegetables (and fruit) rather than fresh. When a certain vegetable or fruit is not in season, the frozen version may be just as nutritious, if not more! However, if you'd like to use fresh green beans, that is totally fine. Just lightly cook them first.

Recipe from [“Fall/Winter Veggies Recipes” cooking class, Fall 2018](#)