Green Bean Casserole

Source: Dustin Harder of @theveganroadie

About the Recipe

137 Calories · 3 g Protein · 3 g Fiber
Side Dish

Ingredients

Makes 8 Servings

- 2 tablespoons olive oil (see note below for oil-free option)
- 1 onion, chopped
- 8 ounces sliced cremini or white mushrooms, roughly chopped
- 4 cloves garlic, minced
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups low-sodium vegetable broth
- 1 tablespoon tamari
- 2 tablespoons cornstarch
- 1/4 cup water
- 1 pound green beans, fresh or frozen, rinsed, trimmed, and cut in half
- 1 1/2 cups gluten-free fried onions
- 1 teaspoon thyme

Directions

1. Preheat the oven to 350 F.
2. Heat the oil in a large skillet. Add the onion and mushrooms and saute for 5 minutes until the mushrooms have reduced in size and the onions have softened. Add the garlic, thyme, salt, and pepper and stir until well combined. Let cook for 1 minute until fragrant.

3. Slowly add the vegetable broth and tamari to the skillet, stir to combine, reduce the heat to low, and bring to a simmer. In a small bowl, whisk together the cornstarch and water, add to the skillet, and stir to combine. Continue to simmer for 2-4 minutes until the gravy thickens. Remove the skillet from the heat.
4. Add the green beans and 1 cup of the fried onions; mix to combine. Transfer the mixture to a 2-quart baking dish. Bake for 25 minutes, remove from the oven, and top with remaining fried onions. Continue to bake for 10 minutes until the top has browned slightly.
5. OIL-FREE: Omit the oil and saute the onions and mushrooms in 1/4 cup water or low-sodium vegetable broth; add liquid as needed.NOTES: For a healthier alternative to the fried onions, use rice puffs or rice square cereal.Mix 1 1/2 cups of cereal of choice with 1 tablespoon nutritional yeast and 1 teaspoon of onion powder. If using rice squares, gently break squares apart. Use just as the fried onions are used, mixing 1 cup into the casserole and using the remaining 1/2 cup for the topping.

Nutrition Facts

Per serving:
Calories: 137
Fat: 9 g
Saturated Fat: 2 g
% Calories From Fat: 57%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrate: 11 g
Sugar: 3 g
Fiber: 3 g
Sodium: 390 mg
Calcium: 34 mg
Iron: 1 mg
Vitamin C: 7 mg
Beta-Carotene: 243 mcg
Vitamin E: 1 mg