

Green Bean Casserole



Green bean casserole goes great as a side to holiday meals. This recipe is a plant-based version of a traditional green bean casserole.

Feel free to adjust the amounts of the spices and add more or less French Fried Onions to your liking.

28 oz can green beans
1 Tbsp vegan butter
8 oz fresh mushrooms, chopped
1/2 tsp salt
pinch black pepper (or more)
2 cloves garlic, minced
1/4 tsp nutmeg
2 Tbsp flour
1 cup vegetable broth
1/2 cup full-fat coconut milk
1/2 cup plant-based milk
1 1/3 cups French Fried Onions*
*Most brands are vegan, just double check the ingredients.

1. Heat vegan butter in a skillet over medium-high heat. Add the mushrooms, salt and pepper and sauté for about 5 minutes until the mushrooms have shrunk and mushroom juices appear. Add garlic and nutmeg and cook for another minute.
2. Sprinkle flour over the mushrooms, stir and cook for another minute. Stir in the vegetable broth, coconut milk, and non-dairy milk. Cook for about 10 minutes until sauce has thickened to a creamy consistency that sticks to the back of a spoon. Drain and rinse the green beans, then add them in and heat through.
3. Add 1/3 cup of French Fried Onions and mix well.
4. Pour mixture into a baking dish. Top with remaining French Fried Onions. Bake at 350 for about 10 minutes. Serve hot and enjoy!

Recipe adapted from: <https://itdoesnttastelikechicken.com/8-traditional-thanksgiving-christmas-sides-made-vegan/>