

- SOUPS & SIDES -

GREEN BEAN CASSEROLE

From the Kitchen of Senior Living Residences



prep time

1 hour



portion for

4 people



serve

hot

The Ingredients:

1 CUP Whole Grain Bread Crumbs	1½ CUPS Mushroom, Vegetable, or
1 LB Fresh Green Beans, stemmed and halved crosswise	Chicken Broth (Mushroom broth is best but do not use Asian style broth)
3 to 4 medium Shallots, in their skins	3 TSP Fresh Thyme Leaves
8 OZ Cremini Mushrooms, sliced (about 4 cups)	1½ TSP Spice of Life
2 TBSP unsalted Butter	1 TBSP Extra-Virgin Olive Oil
3 TBSP Whole Wheat Flour	Ground Black Pepper (to taste)

Cooking Steps:

1. Preheat oven to 400°F. Put the shallots on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.
2. Bring a medium-large saucepan of water to a boil over high heat. Add green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain beans in a colander and rinse with cold water. Transfer the beans to a large bowl.
3. In the same saucepan, heat oil over medium heat. Add the mushrooms; season with a little salt to release their moisture. Cook, stirring occasionally, until browned, for about 7 minutes. Add the mushrooms to the beans.
4. Melt butter in the saucepan over medium heat. Add flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of the thyme, pepper and Spice of Life. Reduce the heat, simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the vegetables and stir to combine evenly.
5. Coat a 2-quart baking dish with cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.