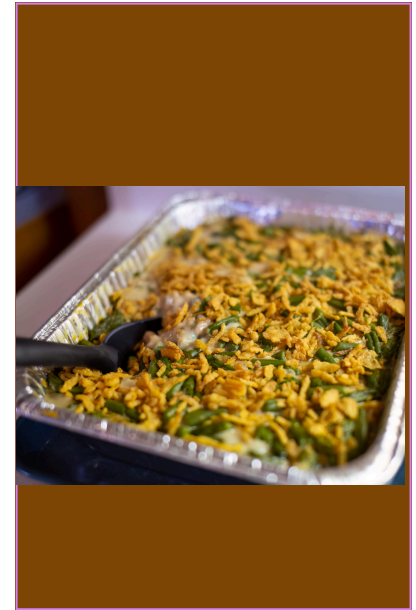


# Vegan Green Bean Casserole

## Ingredients:

### Serves 6

1 lb. green beans (rinsed, trimmed, cut in half)  
 ¼ tsp salt  
 ¼ tsp pepper  
 1 Tbs oil  
 1 medium shallot, minced  
 2 garlic cloves, minced  
 1 cup mushrooms, finely chopped  
 2 Tbs all-purpose flour  
 ¾ cup low-sodium vegetable broth  
 1 cup unsweetened almond milk  
 ½ cup crispy onions



## Directions:

1. Preheat oven to 400°F.
2. Bring a large pot of water to a boil.
3. Add green beans to the boiling water, cook for 5 minutes, then drain and place in an ice water bath to stop the cooking process. Drain and set aside.
4. Add oil to a large oven safe skillet over medium heat. Once hot, add the shallots and garlic. Season with salt and pepper and cook for 2-3 minutes.
5. Add mushrooms and cook for 3-4 additional minutes.
6. Sprinkle in the flour and whisk together with veggies. Cook for 1 minute then slowly add in the vegetable stock continuously whisking to incorporate.
7. Add the almond milk, whisk again and bring to a simmer. Reduce heat to low and cook for 5-7 minutes, until thick and bubbly.
8. Remove from heat and add the green beans. Toss until well coated. Top with the crispy onions.
9. Bake for 15 minutes, until browned on top. Serve.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>2/3 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0.9mcg	<b>4%</b>
Calcium 110mg	<b>8%</b>
Iron 1.1mg	<b>6%</b>
Potassium 240mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.