GREEN BEAN CASSEROLE

Fresh green beans in a creamy mushroom sauce.

SERVES 8–10 • PREP 20 MIN • BAKE 30 MIN



INGREDIENTS

SAUCE

- [ ] **Fresh Green Beans**: 2 lbs trimmed
- [ ] **Butter**: 3 TBSP
- [ ] **Mushrooms:** 8 oz chopped
- [ ] **Yellow onion:** ½ diced
- [ ] **Garlic**: 3 Cloves minced
- [ ] **Flour**: 3 TBSP All-Purpose
- [ ] **Chicken Stock**: 1 cup
- [ ] **Heavy Cream:** 1 cup
- [ ] **Parmesan**: ½ cup grated
- [ ] **Worcestershire Sauce**: 1 tsp
- [ ] **Thyme**: ½ tsp dried
- [ ] **Salt + Pepper**: ½ tsp

TOPPING

- [ ] **Crispy Fried Onions**: 1 ½ cups
- [ ] **Parmesan:** ¼ cup grated

QUICK TIPS

- Brown the mushrooms to avoid a watery.
- Dry green beans very well.
- **Meal Prep**: Assemble without topping up to 2 days ahead; keep chilled.

COOL & STORE

- Cool fully before refrigerating.
- **Refrigerate** covered for 3–4 days.
- **Freeze** up to 2 months. Reheat to 165°F.

DIRECTIONS

1. **Blanch the beans:** Boil **2 lbs. green beans** in salted water for 4–5 min. Plunge into a bowl with ice water. Drain and dry them completely.
2. **Brown the Veggies:** In a sauce pan on Medium heat, melt **3 TBSP butter**. Add **8 oz mushrooms** + **½ diced onion** for 7–9 min. Add **3 minced garlic cloves.** Cook for another 30 seconds.
3. **Make the Cream Sauce.** To the saucepan, stir in **3 TBSP flour** for 1 minute. Slowly add **1 cup stock** + **1 cup heavy cream**; simmer 3–5 min until thick. Mix in **½ cup Parmesan** + **1 tsp Worcestershire** + **½ tsp thyme** + **½ tsp salt** + **½ tsp pepper**. Gently stir in the blanched green beans and transfer to a greased 9×13 dish.
4. **Preheat to 375°F :** Bake 20 min. Add **1 ½ cups fried onions** + **¼ cup Parmesan.** Bake 8–10 min more.