

BEYOND HUNGER

Vegan Green Bean Casserole

Ready for a thanksgiving feast? This easy and vegan casserole recipe is creamy, crispy, and vibrant in flavor. It's a delicious dinner for the holiday season!

Yields: 4-6 serving(s)

Serving Size: 1/6th of the casserole

Ingredients:

Onion Topping

- 1 **small onion**, thinly sliced
- 1 Tbsp **extra-virgin olive oil**
- **Kosher salt**
- Freshly ground **black pepper**
- 3 Tbsp **all-purpose flour**
- 2 Tbsp **breadcrumbs** (panko breadcrumbs preferred)

Casserole

- 1 lb. **green beans**, trimmed
- 6 Tbsp **extra-virgin olive oil**, divided
- 2 **medium shallots**, finely chopped (optional)
- 8 oz **sliced mushrooms**
- **Kosher salt**
- Freshly ground **black pepper**
- 2 **cloves garlic**, minced
- ¼ cup **all-purpose flour**
- 3 cups **milk** (plant-based milk for vegan recipe or any type of milk for non-vegan recipe)

Instructions:

1. Make onion topping: Preheat oven to broil on medium and line a medium baking sheet with aluminum foil. In a medium bowl, toss onion with olive oil and season with salt and pepper. Add flour and breadcrumbs and toss to coat onions. Broil, tossing every 2 to 3 minutes, until onions are crisp and golden, about 6 to 8 minutes in total. Turn oven to 375°.
2. Prepare an ice bath. To a large pot of boiling water, add green beans and cook until bright green, about 6 minutes. With a slotted spoon or tongs, quickly transfer green beans to ice bath to cool, then drain and transfer to a large bowl.
3. In a large ovenproof skillet, heat 2 tablespoons olive oil over medium heat. Add shallots and cook, stirring occasionally until tender, about 5 minutes. Add mushrooms and season with salt and pepper. Cook, stirring often, until mushrooms are golden, about 5 minutes more. Stir in garlic then transfer mixture to the bowl with the green beans.
4. Heat remaining 4 tablespoons of olive oil in the same skillet over medium heat. Whisk in flour and cook until golden, about 2 minutes. Gradually whisk in milk and bring to a simmer. Be sure liquid doesn't reach a full boil. Cook until thickened, about 4 minutes. Remove from heat, season to taste with salt and pepper, then add green bean mixture and toss until even combined. Transfer mixture to a medium casserole dish.
5. Bake until warmed through and bubbling around the edges, about 20 minutes. Top with "fried" onions and bake 5 minutes more.

Per Serving: Calories 249 kcal, Carbohydrates 18 g, Protein 4 g, Saturated Fat 3 g, Sodium 421 mg, Fiber 4 g, Sugars 4 g
This recipe was adapted from Lena Abraham.