

Green Bean Casserole



Plan Z Phase: This is a Z3 (ZReboot) recipe. Everyone loves the green bean casserole with the mushroom soup and the crispy onions on top. Trouble is it's so bad for you. Mushroom soup from a can. Can we say "processed food?" Danger! So I have come up with one that doesn't take much longer to make, it's real food; not processed food and you'll still be getting that wonderful green bean casserole taste. Instead of using those really unhealthy onion crisps we will be making deep fried shallots. They taste so good!

Servings: Serves 6

Ingredients:

For the Crispy Shallot Topping:

- $\frac{1}{2}$ cup of coconut oil (find this in the health food section in most stores)
- $\frac{1}{2}$ cup of shallots cut into little rings (use more if you want more topping)

For the Green Beans and Sauce:

- 2 pounds of fresh green beans, trimmed. You can use them

whole or cut them into 1" pieces.

- 2 Tbl of butter or ghee
- 2 Tbl of gravy flour (this is a lighter flour but you can use regular flour, too)
- 2 cups of whipping cream
- 2 Tbl of Bragg's Aminos
- salt and pepper to taste
- wisp of cayenne (this is optional; I just like mine to have a teeny bit of zip)

For the Mushrooms:

- 2 Tbl of butter
- 1 lb of sliced mushrooms

Instructions:

Preheat your oven to 350 degrees. Heat the coconut oil in a small fry pan or sauce pan. When it's hot add the onion strings a few at time til the whole $\frac{1}{2}$ cup is loaded in. Fry until they are golden brown and take them out of the oil and drain on paper towels. Be careful. You'll be tempted to eat them all before the casserole goes into the oven. They are so good!

Heat water in a large sauce pan. Put in the beans. Cook them on a low boil for five minutes. Then immediately transfer them into a bowl and pour cold water over them so they quit cooking.

In a sauce pan add the butter and flour. When the butter melts carefully stir the flour around. You are making a thickener for your sauce. Then slowly add the whipping cream. Keep stirring while you add it. Doing this will keep your sauce from getting lumpy. Add the Bragg's Aminos and a bit of sea salt and grated pepper. Cook the sauce, stirring fairly frequently on medium high. You want the sauce to bubble and begin to thicken. While the sauce is cooking you can cook the mushrooms.

Cut half of the mushrooms into small dice. The other half you can leave as slices. Saute the mushroom mixture in the butter until it begins to brown the mushrooms on the edges.

Assembly:

Put the green beans in a 9" x 13" ovenproof pan.

Add the mushroom mixture on top and stir them up.

When the sauce has thickened, taste it to see if you want to add the cayenne or even a little more salt and pepper. Sprinkle any extra seasonings over the top of the bean/mushroom mixture. Stir to mix it up.

Bake in your oven for 20-30 minutes at 350 degrees. Top with the crispy shallots before you serve.

If you are making this for a holiday dinner you can bake it a day ahead of time and just reheat it or you can put the assembled casserole in the refrigerator covered. Then take it out and bake it the day of but keep in mind it will be very cold so it might take a bit longer to heat up. Add 10 minutes to cooking time. Keep the shallots in an airtight baggie or container.

The casserole heats up very well as a leftover option, too.

Enjoy!

Cheers,