



Healthy Green Bean Casserole

Ingredients

- 1 1/2 pounds fresh green beans, trimmed
- 1/3 cup olive oil, divided
- 10 ounces mushrooms, sliced
- 1 small onion, diced
- 1 teaspoon tamari soy sauce
- 3 cloves garlic, minced
- 1/2 cup chicken broth, or vegetable broth
- 1 1/2 cups almond milk, or other dairy free milk
- Salt and pepper to taste
- 2 tablespoons of arrowroot powder
- 4-5 shallots, thinly sliced into rings



Instructions

1. Preheat oven to 375. Bring a large pot of water to a boil and add the green beans. Cook the beans for 5 minutes, or until slightly tender but still crisp.
2. While the beans are cooking, fill a large bowl with cold water and ice.
3. Once the beans are done, immediately drain them and toss them into the ice water to stop them from cooking further. Drain them again and set them aside.
4. Heat 2 tablespoons of olive oil over medium heat in a large pan. Add the onions and mushrooms and cook for 8-10 minutes, or until soft.
5. Stir in the soy sauce, garlic, salt, and pepper. Then add the broth and milk, and simmer for 5 minutes.
6. In a small bowl stir together 2 tablespoons of water and the arrowroot powder until smooth. Turn off the stove and pour the arrowroot mixture into the pan, stir until the sauce thickens.
7. Transfer about 1/3 of the mushroom sauce to a baking dish, place the green beans on top, then pour the remaining sauce over the beans. Bake for 15 minutes or until warmed through. Enjoy!