

Green Bean Casserole

Serves: 4 Print

Ingredients:

- 1 lb green beans, trimmed and cut to 2 inch pieces
- 1 tbsp + ½ tsp salt, divided
- 2 tbsp unsalted butter
- 8 oz baby bella mushrooms, minced
- 2 cloves garlic, minced
- 2 tbsp flour
- 1 cup low sodium chicken stock
- 1 cup milk (I used 1%)
- ½ cup freshly shredded parmesan
- ¼ tsp pepper
- 1 cup French fried onions

Directions:

1. Preheat oven to 400 degrees.
2. Blanch the green beans: Bring a large pot of water along with 1 tbsp salt to a boil. Add green beans, and cook for 5 minutes. Immediately transfer green beans to ice water, and remove from water after 10-15 seconds. Transfer to a clean kitchen towel to dry completely.
3. Meanwhile, make the mushroom gravy: Melt butter in a large skillet over medium heat. Add mushrooms, and cook for 7-8 minutes until the mushrooms start to brown. Add garlic, and cook for 1 minute until fragrant. Add flour, toss to coat the mushrooms, and cook for 1-2 minutes. Whisk in chicken stock and milk until fully incorporated. Bring to a simmer, and simmer for 5-6 minutes until the sauce has slightly thickened. Whisk in shredded parmesan, ½ tsp salt, and pepper. Continue whisking until the cheese has melted. Simmer for an additional 2-3 minutes until the sauce slightly thickens, and remove from heat.
4. Add green beans and ½ cup French fried onions to the skillet with the sauce. Toss well to fully combine. Transfer mixture to a 2 qt casserole dish, and top with remaining French fried onions. Bake for 10-15 minutes until the onions are golden and the casserole is bubbling. Serve, and enjoy!

Recipe notes:

*You'll want to use freshly shredded parmesan cheese for this recipe and not the stuff from a bag or can. You can buy pre-shredded parm in the cheese section of most grocery stores, and it will say "freshly shredded" on the container. That also works just fine for this.

*To trim the green beans, just cut the little woody tips off of each end. You could use frozen green beans that have been thawed and drained in a pinch, but I prefer the texture of fresh green beans for this.