



# Classic Green Bean Casserole Dairy Free (Parve)

Serves 6 to 10, depending on the rest of the menu

Replacing canned soup with fresh mushrooms and soymilk makes this dish parve and improves flavor. Red pepper adds both color and crunch.

You can use fresh green beans, cut into 1-inch pieces. Blanch for 3 minutes in boiling water, then build the recipe.

| Ingredients   | Directions  |
|---|---|
| <p>Frozen French style green beans, 16-20 oz, thawed<br/>1 red pepper, diced<br/>1 tsp soy sauce<br/>1 ½ cups canned fried onions<br/>10 oz mushrooms, sliced<br/>1 - 2 tsp canola oil<br/>3 cups parve soymilk<br/>4 TBSP flour<br/>Salt &amp; pepper to taste</p> | <ol style="list-style-type: none"><li>1. Preheat oven to 350°.</li><li>2. In a large bowl, combine green beans, red pepper, soy sauce, &amp; half the fried onions.</li><li>3. In a large pan over medium high heat, sauté mushrooms in oil until they are dry, but not browned.</li><li>4. Add soymilk to pan, bring to a boil.</li><li>5. Put flour in a small bowl or measuring cup. Use a large spoon to add some of the hot soymilk to the flour. Combine well, using a fork or whisk.</li><li>6. Add flour mixture back to mushroom pan, combine well using a fork or whisk. Continue boiling for 1 to 2 minutes, until slightly thickened.</li><li>7. Combine mushroom mixture with green beans. Taste and add salt if needed. Pour into oven proof baking dish. Bake for 25 minutes, until hot.</li><li>8. Remove from oven and stir. Top with remaining fried onions and bake for 5 minutes more.</li><li>9.</li></ol> |