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DELICIOUS FAT BURNING  
THANKS GIVING  
RECIPES

# GREEN BEAN CASSEROLE





GREEN BEANS

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## INGREDIENTS:

- 2 lbs French Green Beans, ends cut
- 1 lb Baby Bella Mushrooms, Sliced (button mushrooms will also work)
- 1 tablespoon Butter
- 1 tablespoon Olive Oil
- 1/2 cup Heavy Cream
- 1/2 cup Cream Cheese
- 1/2 cup Parmesan Cheese
- 1/2 cup French's Fried Onions (optional)
- 1 teaspoon Freshly Ground Pepper
- 1 Shallot, diced
- 1/4 teaspoon Ground Nutmeg

In a deep sauté pan add butter, olive oil and shallots. Sauté till tender on medium heat. Add mushrooms and sauté till cooked through. Add cream, cream cheese, and spices. On low heat, mix until cream cheese has melted.

Add green beans and half of the parmesan cheese and mix thoroughly. Transfer to a large casserole dish and top with parmesan cheese and fried onions.

Bake for 30 to 40 mins until the cheese and onions are golden brown.



## INSTRUCTIONS:

Steam green beans in a large pot with water and 1 teaspoon of salt until tender. About 5 minutes. Transfer to a large bowl with ice water to stop the cooking process. Drain in a colander.



GREEN BEANS

# CLEAN GREEN BEAN CASSEROLE (VEGAN, PALEO)



## INGREDIENTS:

- 1 yellow onion, sliced thinly
- 1 tablespoon coconut oil, or butter
- 2 cups parsnips, chopped
- 10 oz. mushrooms, chopped
- 3 cloves garlic, minced
- ¼ cup nutritional yeast
- 1½ cups water
- 1½ teaspoons fine sea salt
- 1 lb. fresh green beans



## INSTRUCTIONS:

Featuring fresh green beans and caramelized onions, this homemade green bean casserole is just about as clean as it gets. Rather than relying on a cream-based soup, it's held together by a creamy puree of parsnips and mushrooms! The caramelized onion topping still delivers the buttery onion flavor that we all love, without the deep-fried grease and flour to go along with it. All of our favorite flavors covered, without the heavy food-coma to follow!

Melt a pat of coconut oil, or butter, in a large skillet and add the sliced onions. Saute gently over medium-low heat for about 45 minutes, stirring occasionally until caramelized. Use a splash of water, as needed, to prevent sticking. Once the onions are tender and golden in color, remove from heat and set aside in a bowl for later. While the onions are cooking, you'll have plenty of time to steam the parsnips. Fit a steamer basket into a saucepan, and fill with one inch of water.

Add the 2 cups of chopped parsnips, and bring the water to boil over high heat. Cover and reduce the heat to low, steaming for about 8 minutes, or until the parsnips are easily pierced with a fork. Transfer the steamed parsnips to your blender container, and set it aside.

Using the same steamer basket and saucepan, break the pound of fresh green beans into one-inch pieces, and toss them into the steamer basket. Bring to a boil, then cover and steam for 6-8 minutes, until the green beans are bright green with a bit of crunch. Transfer the cooked green beans to an 8" x 8" glass baking dish.

\*Note: At this point, cook the green beans to be as tender as you like-- if you prefer them softer, steam them longer. The baking process later will not make them any more tender, so this is your chance to achieve the texture you like. Once the onions have finished caramelizing, you can use the same pan to saute the mushrooms and garlic. Melt another pat of coconut oil or butter, and saute the garlic for about 3 minutes, then add the mushrooms.

Cook for about 6 minutes, until liquid is released from the mushrooms. Spread half of the mushroom mixture into the baking dish of green beans, and pour the other half of the mixture, along with any liquid, into the blender container with the steamed parsnips. Into that blender container, add 1½ cups water, 1½ teaspoons sea salt and ¼ cup of nutritional yeast to the cooked parsnips and mushrooms. Blend until smooth and creamy. (This mixture may be a bit salty to taste at this point, but keep in mind that it will be diluted when it's poured over a pound of green beans!) Pour the creamy sauce over the green beans and mushrooms in the glass baking dish, and stir to coat well. (You may very well have more sauce than you need for this recipe-- I only used about 1½ cups to coat the vegetables well. Save the rest for a future dish!) Smooth the creamy vegetable mixture with a spatula, and top with the caramelized onions to finish.\*At this point, you could cover the dish and store it in the fridge until you're ready to heat and serve. When you're ready to bake, preheat your oven to 350F and bake uncovered for about 30 minutes, until bubbly. Serve warm and enjoy!



GREEN BEANS

# GREEN BEANS WITH CREAMY MUSHROOM SAUCE



## INGREDIENTS:

- 1 lb fresh green beans, washed and trimmed
- 2 tbsp butter
- 1 shallot, minced
- 8 oz cremini mushrooms, sliced
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 tbsp dry sherry
- 1/2 cup heavy cream
- 1 tsp arrowroot starch
- 1 tbsp water
- Additional salt and pepper to taste



## INSTRUCTIONS:

Place green beans in a large pot with a steam basket and fill the bottom with water. Heat over medium-high heat and steam until tender-crisp. Drain.

Meanwhile, melt butter over medium heat in a large saucepan. Add shallot and cook until just translucent, about 2 minutes.

Add mushrooms, salt and pepper and saute until golden and fragrant. Add sherry and let simmer until liquid is reduced by half. Add cream and reduce heat to medium-low.

Let gently simmer 5 minutes. Combine water and arrowroot starch in a small bowl. Add to pan and stir until thickened, about 30 seconds.

Arrange green beans on a serving platter and season with additional salt and pepper to taste. Top with mushroom sauce.

Serve hot.