



Snappy Bean Casserole

Print

Yield: 4 servings

INGREDIENTS

2 tbsp. coconut oil
1 pound fresh green beans, washed, trimmed, and cut in half
12 oz. mushrooms
2 garlic cloves
1 tsp. sea salt
1/4 tsp. black pepper
1/2 tsp. rosemary
1 tsp. thyme
1/4 cup spelt or chickpea flour
1/2 cup water
1 can full fat coconut milk
1 Rapunzel vegetable bouillon cube



CRISPY ONION TOPPING

1/2 onion, sliced 1 tbsp. olive oil 1/4 cup chickpea flour 1 tsp. sea salt 1/4 tsp. black pepper

METHOD

- Preheat oven to 350 degrees. Heat coconut oil over medium heat in a large saucepan. Cook green beans for 5-7 minutes, until starting to soften, then add mushrooms, garlic, sea salt, black pepper, rosemary, and thyme. Cook another 5-7 minutes, adding a splash of water to prevent sticking.
- Add flour, and stir for 30 seconds, then add broth and milk. Stir well, then bring to a simmer for 10 minutes until thick.
- Meanwhile, toss sliced onions together with flour, olive oil, sea salt, and black pepper. Spread out on a baking sheet and pop in the oven for 10 minutes, or until crispy.
- Transfer green bean mixture to a casserole dish, and spread crispy onion over top. Pop back in the oven on the bottom rack and bake until bubbly - about 30 minutes.

play5star.com