

## No “Cream of” Green Bean Casserole

Makes 6 Servings

### Ingredients

3 cans (14.5oz each) green beans,  
no added salt, drained\*  
1 batch of homemade “cream of”  
mushroom soup (see attached recipe)

### **French “Fried” Topping:**

1 ½ onions, thinly sliced into rings  
¼ cup flour  
2 Tbsp panko bread crumbs  
Salt, to taste



### Directions

1. For the topping, preheat oven to 475°F. Combine onions, flour, panko and salt in a large mixing bowl. Toss to combine.
2. Cover a sheet pan with foil and coat with nonstick cooking spray. Evenly spread onions on the pan in a single layer. Place pan in oven and bake until golden brown, approximately 30 minutes. Toss onions 2-3 times during cooking. Remove from oven when done and set aside.
3. Turn oven down to 350°F. Combine “cream of mushroom” soup, green beans, and half of the cooked onions.
4. Pour into a casserole or glass baking dish.
5. Bake 20-25 minutes or until bubbly. Top with remaining half of onions the last 5 minutes.

\*If you choose to use fresh green beans, first blanch them for 5 minutes in boiling water.

**Nutrition Information per Serving:** Calories: 160, Total Fat: 8gm, Saturated Fat: 5gm, Cholesterol: 20mg, Sodium: 300mg, Carbs: 18gm, Fiber: 4gm, Protein: 5gm

# Homemade “Cream of Something” Soup

Makes approximately 2 cups

Recipe from: [onceamonthmeals.com](http://onceamonthmeals.com)

## Ingredients

2 cloves garlic, minced

½ cup main ingredient, diced

¼ cup flour or substitute (see table)

¾ cup chicken or vegetable broth

½ small onion, diced

¼ cup butter or substitute (see table)

1 cup milk or substitute (see table)

Salt and pepper, to taste

SOUP BASE	Whole Foods	Dairy Free	Dairy/Gluten Free	Gluten Free	Vegetarian
Flour	Flour, unbleached	Flour	Cornstarch	Cornstarch	Flour
Butter	Butter, grass-fed	Dairy Free “Butter”	Dairy Free “Butter”	Butter	Butter
Broth	Organic Chicken or Vegetable	Chicken or Vegetable	Chicken or Vegetable	Chicken or Vegetable	Vegetable
Milk	Organic Milk	Soy Milk	Soy Milk	Milk	Milk

## Directions

1. Sauté garlic, onion and main ingredient (mushrooms, celery, chicken, etc- whatever “cream of” you need to create) and set aside.
2. Melt butter over medium heat. Whisk in flour and cook for about 2 minutes to create a roux.
3. Add milk and broth slowly.
4. Add sautéed garlic, onion and main ingredient.
5. Bring to a boil. Reduce heat and simmer, stirring regularly, until it reaches the desired consistency (5-15 minutes).
6. Season to taste with salt and pepper. Then use as you would a can of condensed Cream of Something Soup in any recipe.

## Notes

- 1 can is equal to about 1½ cups.
- You can make this ahead of time and store in an airtight container in the fridge for 3-4 days.
- You can also freeze these in batches to keep “cans” on hand for any recipe. Place “can” servings (~1½ cups) into freezer bags or containers.