

# deconstructed green bean casserole

**Makes 4-6 servings**

RECIPE ADPATED FROM: [Delightful E Made](#)

COOK TIME: 10-15 minutes

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1lb frozen green beans, thawed  
8oz mushrooms, sliced  
1 shallot, finely diced  
2 Tbsp olive oil, avocado oil, butter or ghee  
1 tsp dried thyme  
Salt and pepper, to taste  
1 tsp lemon zest, optional

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## NOTES:

- **If using fresh green beans, you'll want to steam them first. Add green beans to a large skillet over medium heat and cover with water. Bring to a simmer and steam for 5 minutes or until they're bright green and slightly tender. Drain water and continue with recipe as stated.**
- **If you don't have a shallot, you can use ½ of a small red onion instead.**

PLACE a large skillet over medium heat.

ADD oil, butter or ghee.

ADD thawed green beans, mushrooms, shallots and dried thyme to the skillet.

SAUTE for 10-15 minutes or until green beans and mushrooms are tender and shallots are translucent.

SEASON with salt and pepper to taste.

TOP with lemon zest, if desired.