



Gluten-Free Green Bean Casserole

6 servings

50 minutes

Ingredients

2 Yellow Onion (sliced thinly)
2 tbsps Extra Virgin Olive Oil
4 cups Frozen Green Beans (4 cups frozen green beans = 16 oz package)
1 cup Whole Milk (sub milk alternative for dairy-free)
2 tbsps Cornstarch
1 tsp Dried Parsley
1/2 tsp Salt
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	117
Fat	6g
Saturated	2g
Trans	0g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	3g
Cholesterol	6mg
Sodium	201mg
Vitamin A	422IU
Vitamin C	4mg
Calcium	95mg
Iron	2mg

Directions

- 1 Slice onions very thinly. Heat a medium skillet over medium to medium-high heat; once hot, add oil and sliced onions. Cook, stirring occasionally, about 20 minutes until onions cook down and start to become crispy. Reduce heat if onions start to burn. Set cooked onions aside.
- 2 Heat oven to 350 degrees Fahrenheit. Prepare baking dish by spraying with cooking oil; for 4 servings, use an 11x7-inch baking dish (2.5 qts); for 8 servings, use a 9x13-inch baking dish (3 qts).
- 3 While onions cook, in a large pot, whisk together milk, cornstarch, and seasonings (parsley, salt, garlic powder, onion powder and black pepper) until completely smooth and no clumps of cornstarch remain. Slowly bring to a boil over medium to medium high heat, whisking constantly to prevent cornstarch from becoming clumpy. Boil about 10 seconds until starting to become thick, then remove from heat.
- 4 Stir frozen green beans into milk mixture, then transfer to the prepared baking dish. Spread crispy cooked onions evenly over top, then place in oven and bake, uncovered, until casserole is bubbly. For 4 servings, bake 25-30 minutes; for 8 servings, bake 30-40 minutes.

Notes

Total Time: 50-60 min: Prep time: 25-30 min // Cook time: 25-30 min

Serving Size: 1 cup

Pro Tip: use fresh green beans instead of frozen when in season, or blanch your own fresh green beans in summer to use in this recipe. Boil freshly trimmed beans for 2 minutes, then transfer to an ice bath to quickly cool. Freeze in resealable containers.

Cooking Equipment: Cutting board // Chef's knife // Medium skillet // Large pot // Whisk

Leftovers: Store in refrigerator up to five days. Freeze in airtight container several months. Best if frozen without onions, then make and add onions and reheat in oven:



thaw, then bake at 350 about 10 minutes extra.

Slice onions thinly: trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down.

Slice the onion into very thin wedges, about 1/8-inch thick.