



## Gluten-Free Green Bean Casserole

🕒 50 minutes 🍴 6 servings

### 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 11×7-inch baking dish (2.5 qts) baking dish by spraying with cooking oil.
3. While onions cook, in a large saucepan, 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 25-30, uncovered, until casserole is bubbly.

### Ingredients

- 2 Yellow onion (sliced thinly)
- 2 tbsp Extra virgin olive oil
- 4 cup Frozen green beans (4 cups frozen green beans = 16 oz package)
- 1 cup Whole milk (sub milk alternative for dairy-free)
- 2 tbsp 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 per serving (estimated)

Calories	115 kcal	Fat	6 g
Carbohydrates	11 g	Protein	3 g
Fiber	3 g	Sugar	6 g
Cholesterol	5 mg	Sodium	216 mg
Vitamin A	574 IU	Vitamin C	12 mg
Calcium	88 mg	Iron	1 mg

### 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 saucepan | 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.

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