

DINNER

Green Bean Artichoke Casserole

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	5 min	45 min	8	\$2.67	424 kcal



Green Bean Artichoke Casserole requires around 50 minutes from start to finish. This recipe serves 8. One portion of this dish contains around 23g of protein, 19g of fat, and a total of 424 calories. For \$2.67 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 28 ounce artichoke hearts, drained
canned
- ☐ 46½ ounce French cut green beans, drained
canned
- ☐ ½ cup olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 2 tablespoons garlic powder
- ☐ 2 cups Italian seasoned bread crumbs
- ☐ 8 ounces grated Parmesan cheese
- ☐ 8 ounces shredded mozzarella cheese

EQUIPMENT Oven, Baking pan, Aluminum foil

Method

- 1 Preheat the oven to 400 degrees F (200 degrees C).
- 2 Pour the green beans, artichoke hearts, bread crumbs, Parmesan cheese, and mozzarella cheese into a 9x13 inch baking dish. Season with garlic powder, salt and pepper. Stir to blend everything thoroughly.
- 3 Drizzle olive oil over the top, then cover the dish with aluminum foil.
- 4 Bake for 30 minutes in the preheated oven, then remove the aluminum foil, and bake for another 15 minutes to brown the top slightly.

Nutrition per serving

424	23 g	19 g	41 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9 g · 56% of daily needs
Fibre			7.6 g · 31% of daily needs
Sugar			8.2 g · 9% of daily needs
Sodium			1,646 mg · 72% of daily needs
Cholesterol			47.4 mg · 16% of daily needs
Vitamin C			20.9 mg · 25% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/green-bean-artichoke-casserole-142063