



Stovetop Green Bean Casserole

READY IN



53 min.

SERVINGS



10

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups canola oil
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 teaspoons cayenne pepper
- ☐ 1 cup chicken stock see
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced peeled or put through a garlic press
- ☐ 0.8 cup heavy cream

- ☐ 10 servings ice cubes
- ☐ 2 tablespoons kosher salt
- ☐ 10 servings kosher salt
- ☐ 3 medium shallots peeled cut into thin rounds
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 pound string beans ends trimmed cut in half
- ☐ 1 tablespoon butter unsalted
- ☐ 12 ounces mushrooms white washed sliced into 1/2-inch slices if any

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ stove
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander

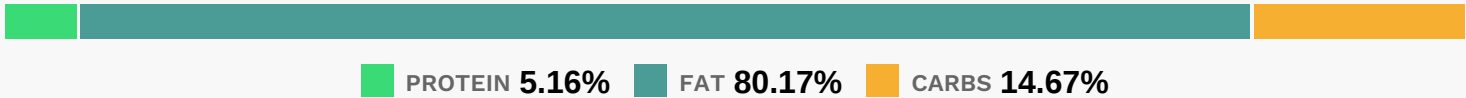
Directions

- ☐ Watch how to make this recipe.
- ☐ For the green beans: Bring 6 quarts of water to a boil in a large pot. When the water boils, add the salt to the water and then add the green beans. Cook for 4 minutes.
- ☐ Prepare an ice bath: Fill a large bowl halfway with ice cubes and add some cold water.
- ☐ Place a colander squarely inside the ice bath. The colander will keep you from having to pick the beans out from amongst the ice cubes in the ice bath. When the beans are cooked,

remove them from the hot water with a strainer and transfer them to the colander inside the ice bath. Use a spoon to swirl the beans around in the ice bath so they are sure to cool down immediately.

- ☐ Drain and set aside.
- ☐ For the mushroom base: In a 10-inch cast iron skillet, melt the butter and add the mushrooms. Season with salt, to taste, and add the cayenne and mustard. Stir to blend and cook until the mushrooms give off most of their liquid, 5 to 8 minutes. Using a whisk, add the garlic and flour to the mushrooms. When all of the flour has been incorporated, add the chicken stock. Bring to a simmer. Taste for seasoning. Stir in the cream and sour cream and simmer gently. Continue cooking over low heat until the mixture thickens, 12 to 15 minutes.
- ☐ Pour the oil into a medium frying pan.
- ☐ Heat to 350 degrees F.
- ☐ In a medium bowl, combine the flour and cayenne. Toss the shallot rounds in the flour and shake off the excess by shaking the rounds in a strainer once they have been floured. Test the oil by dropping in 1 shallot slice. It should begin to bubble and fry gradually.
- ☐ Prepare a baking sheet fitted with a kitchen towel. Drop a small batch of the shallots into the oil and gently swirl the oil as they fry. This will help them they fry more evenly on all sides. When they are light to medium brown, remove them with a slotted spoon and lay them out on the kitchen towel to cool.
- ☐ Sprinkle with a touch of salt.
- ☐ To assemble: Stir the green beans and some of the shallots into the mushrooms. Simmer on the stove, over low heat until the green beans become tender when pierced with the tip of a knife, 10 to 15 minutes. When ready to serve, top with all of the remaining shallots.

Nutrition Facts



Properties

Glycemic Index:38.4, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:10.269130499467%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 332.94kcal (16.65%), Fat: 30.65g (47.15%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 10.47g (3.81%), Sugar: 4.52g (5.02%), Cholesterol: 37.47mg (12.49%), Sodium: 1649.51mg (71.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin K: 33.92µg (32.3%), Vitamin E: 3.8mg (25.36%), Vitamin A: 1004.74IU (20.09%), Vitamin B2: 0.31mg (18.33%), Vitamin B3: 2.37mg (11.83%), Selenium: 7.59µg (10.84%), Manganese: 0.2mg (10.18%), Vitamin C: 7.86mg (9.52%), Phosphorus: 94.66mg (9.47%), Copper: 0.19mg (9.38%), Folate: 37.16µg (9.29%), Potassium: 321.5mg (9.19%), Vitamin B6: 0.18mg (9.02%), Vitamin B1: 0.13mg (8.81%), Fiber: 2.15g (8.59%), Vitamin B5: 0.79mg (7.86%), Iron: 1.14mg (6.33%), Calcium: 62.4mg (6.24%), Magnesium: 23.6mg (5.9%), Zinc: 0.54mg (3.61%), Vitamin D: 0.37µg (2.5%), Vitamin B12: 0.09µg (1.55%)