



Vegan Green Bean Casserole

READY IN



45 min.

SERVINGS



8

Directions

- Add the salt and beans to the boiling water. Cover and cook for 6 minutes.
- Drain beans in a colander, and then spray for a minute with cold water to stop the cooking.
- Let them drain in the colander, shaking every now and then to get off all the water. Sauce: Trim and discard the mushroom stems and chop the mushrooms into pieces. Spray a non-stick pan with canola oil and heat it.
- Add the mushrooms, garlic, cayenne, salt, and pepper. Cook until mushrooms are very soft and exude their juices.
- Whisk the flour into the vegetable broth and add to the mushrooms along with the sherry. Simmer, stirring, until mixture thickens.
- Put the bread, margarine, salt, and pepper into a food processor and pulse until crumbly.
- Put the green beans into an oiled casserole dish and top with the onion mixture.

- Bake at 425 F for about 15 minutes. If you are not serving this right away, refrigerate the topping separately; bring to room temperature before sprinkling the topping on the casserole and baking for about 20 minutes or until hot throughout.

Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)