

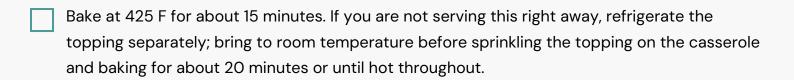
# Vegan Green Bean Casserole





## **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 heans into an oiled casserole dish and ton with the onion mixture



### **Nutrition Facts**



### **Properties**

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

#### **Nutrients** (% of daily need)

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