

Green Bean Casserole

Serves 5 (as a side dish)



Steps

1. Preheat oven to 375°F. Spray or brush a 8" X 8" baking dish with oil or non-stick spray.
2. For the green beans, begin by blanching them. To blanch the string beans, get a large bowl ready filled halfway with water and ice. Then fill a large pot $\frac{2}{3}$ of the way full of water and bring to boil over high heat. Add a couple teaspoons of salt to the water. Once water is boiling carefully add string beans and let cook for 5 minutes or until the beans are bright green and slightly softened - but not mushy!). Using tongs, slotted spoon or a basket strainer, remove the beans and place them into the ice water. Let cool for 30 seconds before removing and draining. Pat dry with a clean towel and transfer to the prepared baking dish.
3. Heat 2 tablespoons butter in a large skillet over medium-high heat. Add the onions and saute for four-five minutes before adding the minced garlic. Once you smell the garlic, add the mushrooms and cook until they are browned on the edges. Transfer the vegetables and their juices to the casserole dish. Heat over medium-high heat the remaining 2 tablespoons of butter in the same pan. Once melted, add the flour and stir constantly to create a golden brown roux. Slowly add the chicken stock stirring constantly. Season with salt, pepper and soy sauce. Once the mixture has thickened up a bit slowly add the half-and-half. Stirring constantly for a few minutes ensuring the mixture is thick enough to coat the back of the spoon. Once it has thickened, remove the sauce and pour over the veggies in the baking dish. Add the parsley and stir everything together until well combined. Taste for seasoning.
4. Cover the dish with foil and bake for 20 minutes. Remove the foil, top with gruyere or parmesan (if using) and the crispy onions and bake for another 10 minutes (look to see if the sauce is bubbling...that means it's done). Serve hot.

Ingredients

For the Casserole

- 1 pound green beans, trimmed and cut in half
- 4 tablespoons butter, divided
- 1 medium onion, cut in half and thinly sliced
- 1 pound stemmed crimini mushrooms, thinly sliced
- 3 cloves garlic, minced
- $\frac{1}{2}$ teaspoon Kosher salt
- $\frac{1}{4}$ teaspoons freshly ground pepper
- 2 teaspoons soy sauce
- 2 tablespoons all-purpose flour
- $\frac{3}{4}$ cup chicken stock
- $\frac{1}{2}$ cup half and half
- $\frac{1}{4}$ cup fresh Italian parsley, finely chopped
- *if desired, some grated gruyere or parmesan cheese on top would be awesome (before baking)*
- 1 - 2 cups crispy onions (like **French's**)