

CREAMY GREEN BEAN CASSEROLE

Keep this recipe for Maintenance or a Special Occasion. This recipe serves 3, but can be easily double or tripled.



INGREDIENTS

3 cups frozen green beans, thawed

1/2 cup onion, chopped

4 cloves of garlic, minced

2 Tbsp. Kerry Gold butter

1/4 cup organic heavy cream

1/2 cup chicken stock

1/2 cup mushrooms, chopped

1/2 tsp xanthan gum

1/2 tsp pink Himalayan salt

1/2 tsp black pepper

1/4 cup slivered almonds - toasted on the stovetop in a small pan on medium heat until golden, or in the oven in a small pan for 5-10 minutes at 350°F. Watch carefully.

DIRECTIONS

Preheat oven to 350°F. Cook green beans in microwave (5 min) or in a pan 5-10 minutes. Should be somewhat tender.

Heat a medium saucepan over medium heat. Add butter and melt. Add onion, mushroom and garlic, until cooked down.

Add cream and chicken stock and bring to a boil. Turn down heat to simmer 10-15 minutes. Turn off heat and lightly sprinkle xanthan gum evenly over sauce and stir until thickened. Add green beans and mix to coat.

Place beans into an oven-proof pan (pie plate, foil pan, casserole dish) and bake for 10 minutes.

Top with toasted almonds.