

..... green bean casserole
RECIPE



covenant natural health care
FROM THE KITCHEN OF

1lb. fresh green beans, trimmed and cut in half
homemade mushroom soup (see recipe card)

crispy onion topping:

2 medium onions, very thinly sliced

¼ cup Bob's Red Mill flour

2 tablespoons Ezekiel Bread crumbs

1 teaspoon kosher salt

melted butter

- Preheat the oven to 475 degrees F.
- Combine onions, flour, bread crumbs and salt in a large mixing bowl and toss to combine. Coat a sheet pan with melted butter and evenly spread the onions on the pan. Place pan on middle rack of oven and bake until golden brown, approximately 30 minutes. Toss the onions 2 to 3 times during cooking. Set aside Turn the oven down to 400 degrees F.
- While onions are cooking steam beans for 10 minutes. Drain and set aside.
- Prepare mushroom soup.
- Remove mushroom soup from heat and stir in ¼ of the onions and all of the green beans. Top with the remaining onions. Place in oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.

homemade mushroom soup
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12oz mushrooms, cut into ½-inch pieces

2 tablespoons organic, unsalted butter

1 teaspoon salt

½ teaspoon black pepper

2 cloves garlic, minced

¼ teaspoon nutmeg

2 tablespoons Bob's Red Mill flour

1 cup homemade chicken broth

1 cup unsweetened coconut milk

Melt butter in a skillet over medium heat. Add mushrooms, salt and pepper and cook, stirring occasionally, until mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes. Add garlic and nutmeg and cook for 1-2 minutes. Sprinkle flour over mixture and stir to combine. Cook for 1 minute. Add broth and simmer for 1 minute. Decrease heat to medium-low and add coconut milk. Cook until the mixture thickens, approximately 6 to 8 minutes.