



(904) 363-3374
www.HealthByDesignFL.com
2002 Southside Blvd Jacksonville, FL 32216

Green Bean Casserole (GF, DF)

By Sharlie Harby
Practitioner of Nutrition Response Testing™

Fried Onions

- 1 yellow onion halved and sliced into 1/2" slices
- 1/2 cup almond flour
- 1/4 cup tapioca flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- dash black pepper
- 1 egg whisked
- coconut oil or avocado oil for frying

Cream of Mushroom Soup

- 2 tablespoons ghee or butter if not on a Whole30 or want dairy-free
- 8 ounces mushrooms diced
- 1/2 onion diced
- 2 cloves garlic minced
- 1 teaspoon salt
- 3/4 cup chicken broth substitute 1/4 cup white wine + 1/2 cup chicken broth if not on a Whole30
- 1 cup coconut cream
- 2 tablespoons arrowroot powder

Green Bean Casserole

- 20 ounces green beans about 6-7 cups, fresh or frozen, trimmed

Equipment Needed

- 3- quart baking dish
- immersion blender

Instructions

1. Make the cream of mushroom soup: In a large saucepan, melt ghee. Sauté mushrooms and onion for 5-10 minutes or until softened. Add garlic and stir for 30 seconds, stirring constantly, or until fragrant.
2. Deglaze the pan with 1/4 cup chicken broth (or white wine if not on a Whole30) and bring to boil. Add in remaining 1/2 cup broth and salt and return to a boil. Boil for 3-5 minutes then sprinkle in arrowroot, whisking vigorously to combine. Continue cooking until reduced by about 1/3 or 1/2.
3. Use an immersion blender (or transfer about 2/3 to a regular blender and blend 'til mostly smooth) to blend until mostly smooth. Add in coconut cream and whisk until smooth.
4. Make the fried onions: In a shallow dish, add your egg. In a second dish, place your tapioca flour. In a third dish, combine your almond flour, garlic powder, salt, paprika, and black pepper and whisk to combine well.
5. Dip onions into eggs, then shake off excess. Working in batches, add onions to tapioca flour and toss to lightly coat, shaking off excess. Then coat onions in almond flour mixture.
6. Heat a skillet over medium to slightly medium-high heat and cover the bottom of the skillet with oil. Fry onions in batches for 2-3 minutes per side, being careful when turning so as not to disrupt any coating. Remove from skillet and drain on paper towels, then sprinkle with a bit of salt.
7. Make the green bean casserole: Steam green beans until bright green and crisp-tender. Transfer to a 3 quart baking dish and stir in cream of mushroom soup and 1 cup of fried onions, stirring gently to combine. Bake at 350° for 25 minutes then remove from oven, top with remaining fried onions and bake another 10 minutes. Let sit 5 minutes before serving.