

Vegan Green Bean Casserole



Time: 60 minutes (prep 30 minutes, cooking 30 minutes)

Serves: 4

Ingredients: 2 shallots, thinly sliced (optional)
1 medium yellow onion, thinly sliced (optional)
7 tablespoon olive oil or ghee
2 cups turnips or parsnips, cubed and steamed
10-12 mushrooms, sliced
1 lb. fresh green beans, cut into 1" pieces and steamed
3 cloves of garlic, minced (optional)
½ cup nutritional yeast
½ cup water
1 ½ teaspoons sea salt
Salt and pepper to taste

Directions:

1. Preheat oven to 350 degrees F.
2. In a large sauce pan over medium heat add 1 tablespoon olive oil or ghee, onion, and garlic and cook until translucent.
3. Add the mushrooms and cook until the liquid is released, about 6 minutes.
4. Prepare the turnips or parsnips and green beans by cutting and steaming (each separately) for 6-8 minutes. Set the green beans aside.
5. Combine the turnips or parsnips, water, nutritional yeast, salt, pepper, half the mushrooms, onion, and garlic to the blender and blend until smooth and creamy.
6. Add remaining ½ mushrooms, onion, and garlic to green beans. Mix mushroom and green bean mixture with the creamed vegetables.
7. Transfer to a greased 8 x 8 casserole dish and bake for 25-30 minutes or until bubbling.
8. While the casserole is cooking add 6 tablespoons of the olive oil or ghee to a small pan over high heat. Add shallots to the oil and fry until golden brown. Remove and place on a towel lined plate.
9. Remove casserole from oven and top with crispy shallots and enjoy!