

Ashley's Meal Prep Monday!

Dairy-Free Green Bean Casserole

INGREDIENTS

4 cups green beans, trimmed and halved crosswise
2 TBSP avocado oil, plus more for drizzling
1/2 medium yellow onion, diced
12 oz mushrooms, chopped
2 cloves garlic, minced
1 TBSP coconut aminos
3 TBSP flour
salt/pepper to taste
2 cups almond milk
1 1/2 cups fried onion, divided



CARTWRIGHT'S
MARKET

Preheat oven to 375. Bring a small pot of water to a boil and place a strainer over the top. Add in the green beans to the strainer, cover and steam for 10-15 minutes - or until tender, then set aside.

Heat a drizzle of olive oil in a medium pot over medium heat. Once the oil begins to shimmer add the onion and cook for 3 minutes - or until translucent.

Add the mushrooms and cook for 5-6 minutes, until they have released their juices. Add 2 TBSP of olive oil, garlic, and coconut aminos, Cook 2-3 minutes, until fragrant. Stir in the flour to make a roux, then season with salt/pepper.

While stirring continuously, pour in the almond milk and bring to a boil. Cook 4-5 minutes, until sauce has thickened.

Stir in green beans and 1/2 cup of fried onions until combined. Transfer to medium baking dish and sprinkle on remaining fried onions. Bake for 20 minutes or until bubbling. Enjoy!!