

# Lightened Up Green Bean Casserole



*\*Recipe makes 8 servings\**

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

## INGREDIENTS

- 5 tbsp unsalted butter or ghee
- 3 tbsp unbleached flour
- ¾ cup chicken broth
- ¾ cup unsweetened almond milk
- 1 bay leaf
- ½ tsp sea salt
- ½ tsp pepper
- 1 (48 oz.) bag frozen green beans, thawed
- 1 (3 oz.) container French Fried Onions

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Melt the butter in a medium saucepan. Add the flour, and stir for 1 min.
3. Stir in the broth and milk, and bring to a light simmer. Season with salt and pepper.
4. Add the green beans and cook for 5 mins or until warmed through.
5. Grease a 13x9 baking dish and pour in the green bean mixture; top with fried onions.
6. Bake for 20 minutes or until bubbly.