



The Grown-Up Girls Guide to Looking Good and Feeling Great

## Green Bean Casserole

Yield: 8 servings Preheat the oven to 350 degrees F.

- 4 TB. Butter
- 4 Tsp. Grated Onion
- ½ lb. Mushrooms, sliced
- ½ Bell Pepper, finely chopped
- 2 TB. Flour
- ½ Tsp. Salt
- ¼ Tsp. Pepper
- 3 Tsp. Sugar
- 1 Cup Sour Cream
- 2 Cans Whole Green Beans – Or steam fresh beans.
- 2 Cups Grated Swiss Cheese
- 1 Cup Crushed Corn Flakes or other crunchy topping such as butter-browned Panko

- Melt 2 Tb. Butter in heavy pan.
- Add onion, mushrooms, and green pepper. Sauté 5 minutes.
- Blend in flour, salt, pepper and sugar.
- Stir in sour cream.
- Heat through, but do not allow to boil.
- Stir in green beans and cheese.
- Pour mixture into a greased casserole dish—a lasagna pan works well.
- Top with crunchy stuff and dot with remaining butter. If you made butter-brown Panko (yummy!), then skip this.
- Bake at 350 for 20 minutes.

*Additional options: Toast slivered almonds and sprinkle on top. Add ½ cup Red Bell Pepper, finely chopped. Make it a meal and add diced, cooked chicken, turkey or ham.*

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