Classic Green Bean Casserole Recipe



This is a delicious green bean casserole, they are creamy, crunchy and cheesy, perfect for a holiday feast or Sunday dinner. This recipe is pretty easy to make. Anyone can do this without cooking knowledge.
This recipe is one of my Favourite American Recipe.

Ingredients

2 Tbsp of butter
1/2 cup chopped onions
1/4 cup sliced fresh mushrooms
2 cups sliced green beans
1 cup of milk
1 can(small) of cream of mushroom soup
1 can (small) fried onions

1 Tsp of Garlic
1 cup grated Cheddar
Dash of salt and pepper
Parmesan Chesse(optional)

Method

- Preheat the oven to 350 degrees F.
- Melt the butter in a large skillet.
- Saute the onions and mushrooms in the butter.
- In microwave boil green beans in milk for 10 minutes.
- Add the boiled green beans, mushroom soup, onion rings, garlic, salt and pepper, to taste, to the onion mixture. Stir well. Pour into a greased 1 1/2-quart baking dish.
- Bake for 20 minutes, then top the casserole with the Cheddar and bake for 10 minutes longer, or until the casserole is bubbly, browned and cheese is melted.

Basic Information

Prep Time : 10 mins
Cook Time : 50 mins
Serves : 4 People

Tips

- If you are non-vegetarian, you can top it with Bacon
- This taste great when you eat it with baked sweet potato



Health Benefits of Beans

- **improve diabetics' blood glucose control**
- **reduce risk of many cancers**
- **lowers blood pressure**
- **regulate functions of the colon**

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