



Makes 5 cups
Preparation Time: 30 minutes
Cook Time: 20 minutes

INGREDIENTS:

6 cups thinly sliced sweet onions

½ cup low-sodium vegetable
broth

2 teaspoons pure maple syrup

8 oz. fresh button mushrooms,
halved or quartered

1 lb. green beans, trimmed

½ teaspoon chopped fresh thyme

Sea salt and freshly ground
black pepper, to taste

2 tablespoons sliced almonds,
toasted

Skillet Green Beans with Caramelized Onions and Mushrooms

Sweet caramelized onions and crunchy toasted almonds add a delicious depth of flavor to this savory green bean skillet. Button mushrooms bring a meaty texture to every bite, while fresh thyme adds an herbal component that ties everything together. Incorporate this dish into your next **Thanksgiving feast** or enjoy alongside a **vegetable pot pie** for the ultimate comfort meal.

Tip: Get a jump on your meal prep by making the onions in Step 1 and then storing them in the refrigerator for up to three days.

By Nancy Macklin, RDN

- 1 In a large nonstick skillet cook onions, covered, over low 10 to 15 minutes or until tender, stirring occasionally and adding enough of the broth, 1 to 2 tablespoons at time, as needed to prevent sticking. Cook, uncovered, over medium-high 3 to 5 minutes or until very tender and golden, stirring constantly and adding maple syrup the last 1 minute of cooking. Remove from heat; cover to keep warm.
- 2 In a large skillet cook mushrooms over medium 3 to 4 minutes, stirring occasionally and adding enough of the broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in green beans, thyme, and the remaining broth. Bring to boiling; reduce heat. Simmer, covered, 6 to 8 minutes or until beans are crisp-tender. Stir in onions. Season with salt and pepper. Sprinkle with almonds.