



Makes 8 cups
Preparation Time: 40 minutes
Cook Time: 30 minutes

INGREDIENTS:

CASSEROLE

1 medium yellow onion, thinly sliced

1 tablespoon ground flaxseed

2 pinches sea salt

2 pinches black pepper

24 ounces fresh green beans, trimmed and cut into bite-size pieces (8 cups)

1 tablespoon sliced almonds

CHUNKY MUSHROOM GRAVY

1 yellow onion, cut into ½-inch dice (2 cups)

16 ounces mushrooms, sliced (6 cups)

6 cloves garlic, minced

⅓ cup oat flour

2 cups low-sodium vegetable broth

2 tablespoons white wine vinegar

1 tablespoon Italian seasoning

Sea salt and freshly ground black pepper, to taste

The Best Vegan Green Bean Casserole

A homemade chunky mushroom gravy brings fresh flavor to this green bean casserole, which is a whole-food, plant-based take on the classic holiday dish.

By Darshana Thacker Wendel

- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine thinly sliced onion, flaxseed, salt, and pepper. Mix well to coat onions; let sit for 5 minutes.
- 3 Spread onions on prepared sheet and bake 15 minutes until lightly brown around the edges. Set aside.
- 4 Meanwhile, place green beans in a steamer basket in a large saucepan. Add water to just below basket. Bring to boiling. Steam, covered, about 10 minutes or until tender. Remove from heat and transfer beans to a 2½-qt. baking dish.
- 5 To make gravy, combine diced onion, mushrooms, and garlic in a saucepan over medium heat. Cover pan and cook, stirring occasionally, for 7 to 10 minutes or until onions start to turn translucent. The mushrooms will release enough liquid to keep the vegetables from sticking to the pan.
- 6 In a medium bowl, whisk together oat flour, broth, vinegar, and Italian seasoning; season with salt and pepper. Add broth mixture to mushroom mixture; cook for 3 to 5 minutes more, or until gravy thickens.
- 7 Transfer half of gravy to a blender. Purée until smooth. Return puréed mixture to saucepan and stir well.
- 8 Pour the gravy over the green beans in the casserole dish. Scatter browned onions and almonds over the top. Bake about 20 minutes or until heated through.