

Green Bean Casserole (Keto-style!)

By: Becky Gaisford

Yield: about 10-12 servings

Ingredients

½ stick butter + a spoonful of coconut oil

1 lb fresh, sliced mushrooms

½ onion, chopped fine (or use dehydrated onions to taste – about 1 Tbsp)

Onion powder, to taste

Garlic powder, to taste

1-2 Tbsp White Wine, if desired (optional)

1 C chicken stock or bone broth

1 C heavy cream

4 oz Cream Cheese

3 cans green beans

1 onion sliced and chopped in half and separated (so you have half-moon onion rings)

Almond flour (About ¾ C) –could use crushed up pork rinds instead or in conjunction with

2-3 Egg Whites

Salt and Pepper to taste

Maybe 1/2 tsp xanthan gum (If you want to thicken “soup” instead of cooking it down)

Directions

Whisk the egg whites together in a shallow bowl. In another flat, shallow bowl, place the almond flour. Dip the onion rings into the egg whites and then roll in the almond flour. Place on a parchment-lined cookie sheet. Repeat until all onion rings are covered. Salt and pepper each one. Bake at 375 for about 12 minutes. Turn over each ring and bake for about 12 minutes, again. Or until rings are browned and crunchy. If desired, put under a low broil for a few minutes to really crisp them up. Watch them carefully as they will become “burnt offerings” pretty fast!

In a skillet, melt butter and coconut oil. Add the sliced mushrooms and finely chopped onions. Sprinkle with salt, pepper, onion powder and garlic powder. Cook until the mushrooms are browned and the onion is tender. In blender, blend the cream cheese, cream and chicken stock until well-blended. Pour over mushrooms and heat through. Season to taste. If mixture seems a bit runny take a ladle full of cream mix (just the cream) and add about ½ tsp of xanthan gum to it and blend with a small whisk or put in a bullet-type of blender. Whisk into the mushroom cream sauce and stir until thickened.

In a large saucepan, heat up the beans until hot. Drain completely and stir the mushroom cream sauce into the beans. Pour into a baking dish. Sprinkle top with the onion rings. Heat at about 350 degrees for about 20 minute or until bubbly. Enjoy!