

GLUTEN FREE GREEN BEAN CASSEROLE

Cream of Mushroom Soup:

olive oil

1 lb. button mushrooms (or any other kind you prefer)

6 Tablespoons butter

2 cups chicken/vegetable broth

2 cups whole milk

6 Tablespoons flour (sweet rice flour)

1 teaspoon dry mustard

less than 1/8 teaspoon cayenne pepper for a little kick (optional)

salt to taste (celtic sea salt)

pepper

1-3/4 – 2lbs fresh Green beans, cleaned and cut into 2 inch pieces

1 Tablespoon Tamari J's Wheat Free Soy Sauce

Directions:

First, saute your mushrooms in olive oil and set aside. Next, prepare your cream of mushroom soup. Start by melting your butter in a large saucepan and once the butter starts to bubble, add your flour. Then add your spices - I chose dry mustard, shake of garlic powder, salt, pepper, and the tiniest amount of cayenne pepper. Once the roux has cooked/bubbled for a few minutes, add your milk and chicken/vegetable broth. Whisk until the sauce thickens. Once the sauce has thickened, add back in your mushrooms.

At this point, cook your green beans for 4-5 minutes until bright green. Strain the water from the green beans. Once they are done, put the green beans in a large casserole dish.

Mix in the soup and soy sauce.

Bake for about 35 minutes on 350 degrees or until bubbly.