

Green Bean Casserole with Crispy Onions

Ingredients:

- o 1/3 cup raw cashews
- o 1 3/4 cups water
- o 4 teaspoons lemon juice
- o 1/2 tablespoon No Chick Broth powder or 1/2 teaspoon "no chicken" bouillon paste
- o 1 1/2 cups onion, 1 cm dice
- o 10 ounces brown mushrooms, sliced thin and weighed after trimming
- o 1 teaspoon minced garlic
- o 1/4 teaspoon ground nutmeg
- o 3 tablespoons chickpea flour
- o 1 teaspoon Herbamare or salt
- o 1/2 teaspoon black pepper
- o 1 pound frozen green beans

Directions:

1. Blend first 4 ingredients (cashews, water, lemon juice, "no chicken" bouillon) in Vita Mix until very smooth.
2. Cook onion in veggie broth (just enough to help it not stick)
3. Add mushrooms and cook until liquid release; continue until they dry out completely.
4. Add garlic and nutmeg; cook for 2 more minutes.
5. Add flour, salt, and pepper. Stir and cook 2 minutes. While stirring, add the Vita Mix mixture. Stir to get rid of any lumps and cook until thick.
6. Stir in green beans and mix well.

To bake immediately, top with 2 cups crispy onions. Bake at 350 for 20 minutes.