

Green Bean Casserole

Ingredients

3 tablespoons butter

1 pound mushrooms, sliced or diced depending on preference

1 yellow onion, peeled and finely diced or thinly sliced depending on preference

1 tsp soy sauce or Bragg's Liquid Aminos

1 tsp mineral salt

1/4 tsp pepper

1/2 tsp onion powder

1/2 tsp garlic powder

1 TBSP Nutritional Yeast

8 ounces cream cheese, softened

1 cup chicken broth

2 pounds fresh green beans, trimmed and cut into 1 ½ inch pieces (canned or frozen green beans will also work in this recipe if you prefer)

Preparation

Melt butter in a large skillet. Add mushrooms and stir. Cover, and cook on medium heat for ten minutes, stirring every so often, until mushrooms have cooked down. Season with a bit of pepper.

Add the onion to the mushrooms and season with salt and a bit more pepper. Cook on medium-high heat until the onions are translucent, stirring occasionally. Add the seasonings, cream cheese, and chicken broth. Cover the

skillet again, and cook on medium heat until the cheese has melted fully stirring occasionally. Remove from heat.

Put the green beans into a 6-quart slow cooker, and pour the mushroom mixture over the top. Stir to combine ingredients. Cover, and cook on low for 5 hours, or on high for about 2 hours. (You can also cook this at 250 degrees for 2 1/2 to 3 hours in a covered dish in the oven if you prefer.) Stir again, and serve.