



Keto Green Bean Casserole

Whether on the Keto Diet or not, your family will love this keto version of an all time classic! Substituted with fresh ingredients that make this an over-the-top casserole compared to those pre-made ingredients! This low carb side dish with it's creamy mushroom sauce, green beans, and topped with a parmesan almond crumble...will be the hit of all your holiday gatherings!

Course	Side Dish
Cuisine	American
Keyword	keto casserole recipe, low carb side dish
Prep Time	10 minutes
Cook Time	40 minutes
Total Time	50 minutes
Servings	8
Calories	287kcal
Author	Jennifer Banz

Ingredients

For the topping:

- 1/2 Cup [Almond flour](#)
- 1/4 Cup Shredded Parmesan Cheese
- 1/4 Cup Sliced almonds
- 2 Tablespoons Melted Butter

For the casserole:

- 1 Tablespoon [Avocado oil](#)
- 1/2 Cup Diced onion
- 8 ounces Mushrooms, finely chopped (I use baby bella mushrooms)
- 1 Cup Heavy cream
- 1 Cube Chicken bouillon
- 24 ounces Cooked green beans, See notes
- [salt and pepper to taste](#)

Instructions

1. Preheat the oven to 350F and spray a 9 x 9 casserole dish with cooking spray.
2. Heat the avocado oil in a large sillet over medium. Add in the onion and saute until soft, this should take about 5-8 minutes.
3. Add in the chopped mushrooms and cook for 5 minutes more.
4. Add in the heavy cream and chicken bouillon. Season with salt and pepper to taste.
5. In a large mixing bowl, season your cooked green beans with a little salt and pepper. Pour the mushroom mixture over the top and stir to coat the green beans.
6. Pour into your prepared baking dish.
7. In a separate mixing bowl, combine the topping ingredients and mix well. Layer this mixture on top of the green beans.
8. Bake in the oven for 30 minutes.
9. Serve.

Notes

- For the green beans: You can use fresh green beans that you blanche. [See instructions here.](#) You can also use frozen green beans or canned.

Nutrition

Calories: 287kcal | Carbohydrates: 9g | Protein: 9g | Fat: 25g | Saturated Fat: 12g | Fiber: 3g | Sugar: 3g