

Green Bean Casserole

SIDES

Ingredients

Casserole:

- 2 lbs green beans, cleaned and trimmed
- 4 tbsp Truly Grass Fed Salted Butter
- 3 tbsp flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp freshly cracked black pepper
- 2 tsp Dijon mustard
- 1/4 tsp nutmeg
- 1 cup chicken stock
- 1 cup half and half
- 1 1/2 cup Truly Grass Fed Sharp Cheddar, shredded

Crispy Fried Shallot topping:

- 6 shallots, thinly sliced
- 1 1/2 cup neutral oil (canola, vegetable, avocado)



Instructions

1. Preheat oven to 375°F.
2. Blanch green beans in a large pot of salted boiling water. Cook for 3-4 minutes until bright green and tender. Drain into a colander and rinse with cold water for a few minutes until no longer hot.
3. Place green beans on a dish towel and pat dry. Transfer to a 9"x13" or large baking dish.
4. Melt butter over medium high heat in a large saucepan.
5. Whisk in flour, garlic powder, onion powder, salt, freshly ground black pepper, nutmeg, and Dijon mustard. Cook for a few minutes, mixing occasionally, until flour mixture turns deep brown and becomes fragrant.
6. Gradually whisk in chicken stock. Once no clumps of flour remain, whisk in half and half. Bring to a simmer, whisking often, for about 5 minutes.
7. Turn heat to low and fold in 1 cup of shredded cheddar until fully incorporated.
8. Pour mixture over green beans, gently tossing until evenly coated. Sprinkle remaining 1/2 cup of shredded cheddar over the top.
9. Bake for 30 minutes until sauce starts to bubble and cheese on top has browned.
10. While casserole bakes, prepare fried shallot topping. Place shallots in a medium saucepan and pour oil on top until they're fully submerged.
11. Cook over medium low heat for 25-30 minutes, stirring often with a fork or tongs until golden brown.



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