

Green Bean & Walnut Casserole

Makes 12 servings | Protein • Vegetables • Dairy

Ingredients

Filling

- 2 Tablespoons butter or margarine
- 4 ounces mushrooms, minced (optional)
- 1 cup onion, minced
- 1 can cream of mushroom soup
- ½ cup low fat milk
- 1 teaspoon soy sauce
- Salt and pepper to taste
- 2 cans green beans, drained
- Nonstick spray

Topping

- ⅔ cup breadcrumbs or crushed cereal
- ⅔ cup chopped walnuts
- 2 Tablespoons butter or margarine, melted
- ½ cup minced onion

Directions

1. Wash hands with warm, soapy water
2. Preheat oven to 350°F. Spray an 9x13-inch baking pan with nonstick spray and set aside.
3. Melt butter or margarine in a medium saucepan over medium heat. Add mushrooms and onion. Cook, stirring frequently, for about 5 minutes.
4. Add in cream of mushroom soup, soy sauce, and low-fat milk. Season with salt and pepper. Mix to combine. Turn off heat.
5. Add canned green beans and sauce to baking pan; toss or stir to coat with mixture.
6. In a bowl, stir together all topping ingredients and sprinkle on top of green bean mixture.
7. Bake for 20 minutes or until topping is golden brown.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.