



Green Bean & Walnut Casserole

Makes 6 servings | **Vegetables** • **Protein** • **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 14.5-ounce cans green beans, drained
- Nonstick spray

Topping

- ⅔ cup breadcrumbs, stuffing mix, 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 for 20 seconds.
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 Wind River Reservation CNP Educator at <https://uwycnp.org/wrir/>

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