

## Green Bean Casserole

### Ingredients

- 8 cups cut fresh green beans
- 3 tablespoons butter
- 2 tablespoons flour
- ½ pound sliced fresh mushrooms
- 1 teaspoon minced garlic
- 1 teaspoon black pepper
- ½ teaspoon salt
- ½ cup 2% milk
- ½ cup grated parmesan cheese
- ½ tablespoon ground sea salt (table salt is fine but not as fancy)
- ½ tablespoon ground black pepper
- 1 cup sour cream
- 1 teaspoon soy sauce
- 1 cup shredded swiss cheese
- ½ cup crushed corn flakes

### Preparation

- Place beans in a dutch oven or large pot completely submerged in water. Bring them to a full boil and cook for 3 minutes or until fork tender. You need to make sure they aren't overcooked. Drain them and set aside.
- Preheat oven to 400F. In a large skillet saute mushrooms in butter. Once they are tender stir in flour and garlic and pepper until blended gradually stirring in the milk. Bring it to a boil and stir until the milk is thickened. Turn off the heat and stir in sour cream and soy sauce. Then stir in the beans and swiss cheese.
- Move everything over into a large baking dish rubbed well with olive oil. Crush the cornflakes well and mix in the parmesan cheese with them spread the crunchy mixture on top of the green bean mixture.
- Melt 1 tablespoon butter and drizzle over the top of everything
- Bake uncovered 14 minutes or until bubbly and golden brown