

Green Bean Casserole

This recipe will fill 1 medium tray*

[Adventures in Freeze Drying: Green Bean Casserole for the WIN!](#)

Ingredients:

1 (12-16 oz) pkg
Frozen Cut Green
Beans, thawed

1 (10.5 oz) can
Cream of
Mushroom Soup

½ C Sour Cream

½ C shredded
Swiss Cheese

1 (2.8 oz) pkg
French Fried
Onions (divided)

1 tsp Soy Sauce

Ground Black
Pepper to Taste



Directions:

1. Preheat oven to 350°F
2. Mix all ingredients together (reserving ½ of the French Fried Onions) in an oven safe casserole dish
3. Bake covered, for 30 minutes, then bake uncovered for an additional 15 minutes.
4. Let cool before moving to freeze dryer trays
5. Freeze Dry
6. Place the other ½ of the French Fried Onions in a small Mylar pouch with it's own OA. And place it in the same bag as the casserole.
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours

Rehydration: Add 1½ - 1¾ cup boiling water, stir and then cover and let stand for 5 minutes. Add the remaining French Fried Onions before serving.



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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray