

Green Bean Casserole

This recipe makes 4 cups



Ingredients

1 -16 oz pkg frozen cut green beans
1 - 10.5 oz can cream of mushroom soup
½ cup sour cream
½ cup shredded swiss cheese
1 - 2.8 oz pkg french fried onions (divided)
1 tsp soy sauce
Ground Black Pepper to Taste

Directions:

1. Preheat your oven to 350°F.
2. In an oven-safe casserole dish, combine all the ingredients, reserving half (½) of the french fried onions for later use. Mix thoroughly.
3. Cover the dish with a lid or aluminum foil and bake for 30 minutes.
4. After 30 minutes, remove the cover and bake for an additional 15 minutes until the casserole is heated through and the top is slightly golden.
5. Remove the casserole from the oven and allow it to cool.
6. Line your tray with parchment.
7. Transfer the cooled casserole evenly onto a freeze dryer tray.
8. Freeze dry (my cycle time was 24 hours).
9. Place the green bean casserole in a mylar bag for long term storage.
10. Place the reserved ½ portion of French Fried Onions into a small mylar pouch with its own oxygen absorber (OA). Seal the pouch and store it inside the same bag as the freeze-dried casserole to keep everything together while preserving the onions' crispness.

Rehydration:

Pour the entire recipe of green bean casserole in a dish. Add 1½ - 1¾ cups boiling water, stir and then cover and let stand for 5 minutes. Add the remaining French Fried Onions before serving.

Notes:

To keep with a more traditional approach, you can add the water, mix, cover and allow to rehydrate in the oven while it heats. Adding shredded mozzarella is another great topping to sprinkle on with the french fried onions.

Nutritional Value Per 1 cup

Calories: 307 Protein: 8 g Fat: 22 g Carbohydrates: 19 g Sugar: 3 g Fiber: 2 g