

# Cheesy Green Bean Casserole



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

**Servings:** Serves 6 – 8

## **Ingredients:**

- 10 slices of bacon
- 2 lbs of green beans. Trim off ends. Cut into 1" or 1-1/2" sections.
- 1 lb of mushrooms, sliced
- 1 cup of onion, chopped
- $\frac{3}{4}$  tsp of grated black pepper (or to taste)
- grated sea salt to taste
- 1-1/2 Tbl of flour
- 3 Tbl of butter
- 2 cups of heavy cream
- 8 oz of shredded cheddar cheese

## **Instructions:**

Preheat your oven to 350 degrees.

Bring a large sauce pan of water to a boil. Put in the beans and cook for five minutes. Remove from heat and immediately rinse

them in cold water to stop them from cooking anymore so they don't get mushy.

Cook the bacon until crisp in a large sauté pan. When the bacon is done take it out of the pan. Pour most of the grease out of the pan but leave in a tablespoon or so in it. Then add the mushrooms and onion to the pan. You're going to cook the mushrooms and onions in the oil from the bacon. Cook on medium until the mushrooms begin to brown on the edges. Season with salt and pepper.

While that mixture is cooking you can make your sauce.

In a medium sauce pan add the butter and flour. Melt the butter and stir in the flour. Then slowly add the cream, stirring so the flour mixture (also called a roux) doesn't become lumpy. Get the cream totally incorporated and then add the cheddar cheese. Cook on medium low until the cheese melts; stirring regularly. You'll have a beautiful deep yellow-orange sauce.

Assembly:

In a 9" x 13" ovenproof pan add the beans. Then pour on the mushroom mixture. Spread it around. On top of that pour on the cheese sauce. Finally crumble the bacon and add that on top.

Bake at 350 degrees for 30 minutes or until its warm and bubbly. Serve warm.

Enjoy!

Cheers,