

Vegan Green Bean Casserole

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-green-bean-casserole-cups-recipe>

Ingredients:

- 1/2 yellow onion diced
- 2 tablespoons Smart Balance Light Buttery Spread
- 1 1/2 cups vegetable broth
- 1 1/2 cups almond milk sweetened
- 1/3 cup cornstarch mixed with 1/3 cup water
- 1/2 teaspoon sea salt
- 1 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon thyme
- 1/4 teaspoon sage
- 28 ounces frozen green beans rinsed under water to thaw
- 1/3 cup raw almonds slivered
- 1 container french fried onions

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 32 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. Sodium: 680 milligrams
7. Sugar: 7 grams

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