

Italian Style Green Bean Casserole

Yield: 16 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-green-bean-recipe>

Ingredients:

- 1 pound green beans – cleaned and string removed – cut on diagonal in small like bite size pieces
- 2 tablespoons vegetable base to boil with green beans
- 8 ounces pasta dry curly, I used tri-vegetable spumoni shaped
- 1 tablespoon extra virgin olive oil to coat pasta
- 4 ounces sharp provolone shredded with 1/4 cup in a reserved bowl on the side – for topping
- 4 1/2 ounces Parmesan – shredded with 1/4 cup in the same cheese reserved bowl on the side – for topping
- 1/4 cup cheese
- 1 pound fresh mozzarella – shredded with 1/4 cup in the reserved cheese bowl on the side for topping
- 1/2 sweet onion large, – chopped
- 2 tablespoons extra virgin olive oil
- 3 cherry peppers hot, sweet jarred, – chopped fine- you can find hot/sweet cherry peppers at Trader Joes and Sprouts. This particular...
- 2 teaspoons sea salt course
- 1/2 teaspoon ground black pepper
- 3 garlic cloves shredded
- 13 1/2 ounces soft tofu extra
- 3 large eggs
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon grated nutmeg fresh
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon dried oregano
- 1 cup panko bread crumbs
- 1 pinch granulated garlic
- 1 pinch ground black pepper
- 1 pinch oregano
- 1 pinch basil
- 1 cup water about if looks dry it will come out dryer
- non stick spray
- 3 cups marinara sauce a very good, plus extra for serving

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 70 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 880 milligrams
9. Sugar: 7 grams

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