

Caramelized Onion, Green Beans and Mushrooms

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

1 red onion, thinly sliced
1 cup mushrooms, sliced
1 tbsp. garlic, minced
1 cup vegetable stock
1 cup water
2 pound fresh green beans, cut in half and ends trimmed
1/2 cup corn starch mixed with 1/2 cup cold water (slurry)
1/4 cup gluten free panko
2 tablespoons nutritional yeast
salt and pepper to taste

Directions:

1. In a large skillet sprayed with oil over medium high heat, add onion and cook, stirring frequently until onions are brown.
2. While onions cook, place green beans in salted boiling water. Cook 2-3 minutes or until desired doneness. Remove from boiling water and place in a bowl of ice water to stop the cooking process. Drain and set aside.
3. Add mushrooms and garlic to onions and cook until mushrooms are soft. Season to taste. Add vegetable stock and bring to a boil. Add corn starch/water mix and cook until thick.
4. Mix in green beans and sprinkle mixture with panko, nutritional yeast, salt and pepper.
5. Broil approximately 5 minutes or until brown on top. (Keep an eye on it!)
6. Serve hot.