



## Commod Green Bean Casserole

This Thanksgiving we have the only recipe you need. Perfect for the holiday season this 3 ingredient casserole is fast and easy and delicious.

Prep time: **5 Minutes** cook time: **30 minutes** Yields: **8 servings**



### Ingredients

- 2 cans** green beans
- 1 can** condensed cream of mushroom soup
- 2 cups** french fried onions
- 1 tablespoon** Mrs Dash or Salt free Mrs Dash
- Salt and pepper to taste

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving (103g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

In a large mixing bowl, add the drained green beans, mushroom soup, and 1/2 of the fried onions. Stir to combine.

Pour the green bean mixture into a 9x9 inch baking dish. Spread it out in an even layer.

Bake for 20 minutes. Stir.

Sprinkle evenly with the remaining onions. Bake for 10 minutes.