

Italian Green Bean Casserole

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 45 minutes

Serves: 8 - 10

CChints: We took the classic version and changed a few things. Italian green bean are flat and sturdy type of bean. Ponzu sauce is a low sodium version of a soy sauce that has a citrus flavor. There isn't a need to add salt to the recipe because the soy and Ponzu sauce are high in sodium.



1 can low sodium, Cream of Mushroom Soup
1/2 cup skim milk
1 teaspoon soy sauce
1 teaspoon Ponzu sauce
1 glove minced garlic, fresh or from a jar
Dash of fresh ground pepper
4 – 15 ounce cans Italian Cut green beans, drained
4.5 ounce jar of sliced mushrooms, drained
6 ounce container French Fried Onions , divided

Preheat oven to 350 degrees F. and locate a 1-1/2 quart backing dish with cover.

In a large bowl, combine the soup through pepper. Blend well with a whisk to get as many of the bumps out. Fold in the drained green beans, mushrooms and half of the onion rings.

Pour the mixture into a baking dish. Cover and bake for 35 minutes. Remove the cover and sprinkle with remaining onion rings. Bake for 5 minutes to brown the onion rings.