



GREEN BEAN CASSEROLE

EQUIPMENT:

LARGE POT
BLENDER
CASSEROLE DISH

INGREDIENTS:

8 OZ. CHOPPED CELERY
8 OZ. CHOPPED CARROTS
8 OZ. CHOPPED ONIONS
2 OZ. CHOPPED GARLIC

16 OZ. VEGETABLE STOCK
1 LB. COOKED GREEN BEANS
4 OZ. HHF CILANTRO PESTO
6 OZ. FRIED ONIONS OR
LARGE BREADCRUMBS
SALT & PEPPER

METHOD:

FIRST

HEAT A HEAVY BOTTOMED SAUCE PAN AND ADD THE CELERY. COOK DOWN ABOUT 8 MINUTES UNTIL THE CELERY STARTS TO GET COLOR AND LIGHTLY BROWNED. ADD THE CARROTS AND COOK DOWN IN THE SAME WAY UNTIL THE MIXTURE STARTS TO DEEP BROWN. ONCE FOND STARTS TO ACCUMULATE ON THE BOTTOM OF THE PAN, ADD THE ONIONS AND THE GARLIC. COOK THIS DOWN UNTIL THE ENTIRE MIXTURE IS A DEEP CARAMELIZED BROWN. THIS SHOULD TAKE ABOUT THIRTY MINUTES.

SECOND

ADD THE STOCK AND ALLOW TO SIMMER FOR ANOTHER 20 MINUTES. LET COOL SLIGHTLY AND TRANSFER TO A BLENDER. PUREE THE MIXTURE UNTIL IT IS TO THE THICKNESS YOU WOULD LIKE.

THIRD

COMBINE THE COOKED GREEN BEANS, THE CILANTRO PESTO AND THE BLENDED SAUCE IN THE CASSEROLE DISH. ADD THE CRISPED ONIONS OR BREADCRUMBS ON TOP OF THE CASSEROLE AND PLACE IN A PREHEATED 350 DEGREE OVEN UNTIL THE TOP OF THE CASSEROLE IS EVENLY BROWNED. THIS SHOULD TAKE ABOUT TWENTY MINS. ENJOY!