

# Green Bean Casserole

- 1 pkg. French Style Frozen Green Beans – 12 oz.
- 1 14-oz. can bean sprouts, drained
- 1 8-oz can sliced water chestnuts, drained
- 1 1/2 cups cream of mushroom gravy (see following recipe)
- 1/2 cup water
- 1/2 tsp. Salt
- 1 cup grated vegan cheddar cheese
- 1 onion chopped
- 1 container Lars Own Crispy onions (optional)

Cook green beans as directed on package. Drain green beans, bean sprouts, and water chestnuts. Mix with soup, water, cheese, salt and onion. Bake at 350 for 45 minutes. Top with crispy onions if desired and then bake another 10 minutes.

# Mushroom Gravy

- 1 6.5 oz can Mushrooms
- 2 Tbs cornstarch
- 1 Tbs vegetarian beef seasoning
- 3/4 tsp. salt
- 2/3 cup raw cashews
- 2 cups water

Blend water and cashews until creamy. Add vegetarian beef seasoning, salt, and cornstarch and blend well. Add mushrooms and blend briefly so some pieces remain. Pour the gravy into a kettle and cook until thickened, stirring frequently.

Yield: 3 cups