

Green Bean Casserole

INGREDIENTS

- 1 package Smoked Bacon, chopped (reserve grease)
- 2TBS Chicken Fat
- 1lb Fresh Green Beans
- 6-8 Crimini Mushrooms, chopped
- 1 Small Yellow Onion, sliced
- Flour
- 1 Egg, beaten
- 1TSP Himalayan Salt
- 1/2TSP Black Pepper
- Thyme

1. Cook bacon in oven at 400°F for about 12-14 min, reserve the grease and set aside.
2. In a small skillet, melt 1TBS chicken fat and begin to dredge onions in egg then in flour and fry until golden brown. Set aside.
3. Melt 1TBS chicken fat in separate skillet and add mushrooms.
4. Season with sea salt and pepper and cook until mushrooms begin to soften.
5. Add 1/2C broth, bring to a boil and continue to cook.
6. Add green beans and bacon grease and mix well.
7. Add ½ the chopped bacon and onions and bake in oven at 375°F for about 12-15 minutes.
8. Remove from oven and add remaining onions and bacon, season with thyme.