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# Gala Green Beans and Mushrooms

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**1 pound (or one pint) mushrooms, thickly sliced**  
**1 medium onion, sliced**  
**1/2 cup butter, melted**  
**1/4 cup flour**  
**2 cups milk**  
**1 cup 15% cream**  
**3/4 pound grated nippy Cheddar cheese**  
**1/4 teaspoon Tabasco sauce**  
**1 teaspoon salt**  
**1/2 teaspoon pepper, freshly ground if possible**  
**2 pounds fresh (or 3 packages frozen) French-style green beans**  
**1/3 cup slivered toasted almonds**

In a skillet, saute' the mushrooms and onions in melted butter. Add the flour and blend thoroughly. Reduce the heat. Add the milk and cream, stirring until thickened.

Add the Cheddar cheese, Tabasco sauce, salt and pepper. Simmer until the cheese melts. Stir constantly and taste to correct the seasonings.

Cook the beans until tender in boiling salted water. Drain well. Place the beans in one large or two smaller casseroles. Cover with the sauce and toss gently with a fork. Sprinkle the top with almonds.

Bake for 20 minutes at 375 degrees or until bubbly.

Yield: 10 to 12 servings

## Side Dishes

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*Per Serving (excluding unknown items): 1276 Calories; 109g Fat (75.4% calories from fat); 22g Protein; 58g Carbohydrate; 3g Dietary Fiber; 315mg Cholesterol; 3318mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Vegetable; 2 Non-Fat Milk; 21 1/2 Fat.*