
Grandmother`s Island Bean Casserole

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 cans (16 ounce ea) whole green beans, reserve the juice

1 tablespoon bacon drippings

1 1/2 teaspoons dill seed

SAUCE

6 tablespoons flour

6 tablespoons butter, melted

1 cup bean juice

1 cup milk

3 tablespoons grated onion

1 teaspoon black pepper

2 1/2 teaspoons mei yen spice (Spice Island)

bread crumbs or slivered almonds

In a saucepan, simmer the green beans, drippings and dill seed at a low temperature for 30 minutes.

In a bowl, make the sauce by stirring flour into the melted butter, then gradually adding the liquids, stirring constantly.

Add the seasonings. Stir well. Stir the green beans into the sauce and mix, Place the mixture into a casserole dish. Sprinkle bread crumbs or slivered almonds on op.

Bake, uncovered, at 350 degreesfor 20 minutes or until bubbly.

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 1076 Calories; 91g Fat (75.2% calories from fat); 15g Protein; 53g Carbohydrate; 3g Dietary Fiber; 233mg Cholesterol; 897mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 18 Fat.