

# Updated Green Bean Casserole

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**Servings: 6**

*1/4 cup milk*

*1/2 cup sour cream*

*1/4 to 1/2 teaspoon crushed*

*red pepper flakes*

*freshly ground black pepper*

*1 can (10-1/2 ounce) cream  
of mushroom soup*

*1 bag (16 ounce) frozen  
haricots verts, lightly  
steamed*

*1 bag (10 ounce) frozen  
mixed mushrooms, lightly  
steamed and drained*

*1 1/4 cups fried onions,  
divided*

**Preparation Time: 10 minutes****Cook Time: 35 minutes**

Preheat the oven to 350 degrees.

In a 1-1/2 -quart casserole dish, mix the milk, sour cream, crushed red pepper flakes, black pepper and soup. Carefully stir in the green beans, mushrooms, and 2/3 cup of the fried onions, combining thoroughly.

Bake for 30 minutes.

Stir the filling, then top with the remaining 2/3 cup of the fried onions. Return to the oven.

Bake for 5 to 10 more minutes until the topping is golden brown.

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Per Serving (excluding unknown items): 69 Calories; 6g Fat (75.9% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 187mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1 Fat.