

String Bean Side Dish

Recipe By *Brynie Greisman*



family table

Mishpacha

Cooking and Prep:  1 h

Serves:  12

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Gluten Free, Low Fat,
Low Carb, No Refined Sugar,
Vegan, Vegetarian,
Pescetarian

Source: Family Table by
Mishpacha Magazine

This side dish makes a lovely addition to chicken or meat. It hails from Lakewood, NJ, from my sister-in-law Chaya S.E. It's easy to put together and freezes well. What more can you ask for?!

Ingredients (10)

Main ingredients

- 1-2 tablespoons oil
- 1 onion, diced
- 1/2 box fresh mushrooms, sliced, or 1 medium can mushrooms
- 1-2 cloves garlic

- 24 ounces (800 grams) frozen string beans
 - 1 can baby corn, cut into pieces
 - 1-2 red peppers, sliced in small strips, or 1 red and 1 orange
 - 3 tablespoons parve (meatless) chicken soup powder
 - paprika, for color
 - roasted slivered almonds, for garnish
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Start Cooking

Prepare String Beans

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Heat the oil in a frying pan, over a medium-high flame.
3. Add the onion, garlic, and mushrooms and sauté until they are soft.
4. Pour the frozen string beans into a 9x13-inch pan.
5. Add the corn and pepper and the sautéed vegetables.
6. Add the soup powder and enough paprika to give a nice color and mix it all well.
7. Bake, uncovered, for 45 minutes.
8. If while baking, the veggies are beginning to look dried out, cover for the remainder of the time.
9. Serve warm, garnished with almonds.

Note:

If you don't want to use soup powder, even without MSG, season with salt and pepper. Also, if you prefer, you can sprinkle generously with garlic powder instead of the fresh garlic. This freezes well. It's best warmed up tightly covered.

Tip:

This is one of those recipes for which you can change the proportions of the veggies. When I taught cooking, I told the students that most recipes are not a *Torah, l'havdil*, and if you want to alter the recipe to suit your needs, that's just fine. Same here — if you want more peppers and less string beans, by all means do so.

Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz