Bacon And Green Bean Casserole

**Ingredients:**
- Trimmed green beans, fresh or frozen 6 cups
- Uncured turkey bacon (or regular bacon) 6 slices
- Onion, chopped 1/2 cup
- Portabella mushrooms, sliced 8 oz.
- Reduced-sodium cream of mushroom soup, condensed 3 cups (24 oz.)
- Reduced-sodium tamari sauce, coconut aminos or soy sauce 1 tbsp.
- Black pepper, ground 1/2 tsp.
- French fried onions 1/2 cup (4 oz.)

**Directions:**
1. Preheat oven to 350 F.
2. Steam green beans until vibrant green and tender (or microwave if using frozen microwave steamer bags). Set aside.
3. Pan-fry bacon until browned and crispy (can use regular bacon instead of turkey bacon). Set aside to cool.
4. Sauté onion and mushrooms with cooking spray until browned in spots. Set aside.
5. Combine cream of mushroom soup, tamari sauce, and black pepper in a large mixing bowl.
6. Add green beans, onions, and mushrooms. Stir until evenly coated with sauce.
7. Empty green bean sauce mixture into a casserole pan, and bake for 30 minutes until bubbly and thoroughly heated.
8. Top with crispy onions, and return to bake an additional five minutes until onions and golden brown. Serve hot.

**Nutrition Facts:**
- Serving size: 1/10 of recipe (including crispy onions)
- Recipe yields: 10 servings

- Calories: 152
- Fat: 5.7 g
- Carbs: 19 g
Protein: 6 g