

# Green Bean Casserole

1 tsp soy  
1/2 cup onions  
terrace  
glucose  
dash  
hot sauce  
some oil  
4oz  
whole grain  
rice

Prep: 10 minutes  
Bake: 30 minutes  
Makes: 12 servings

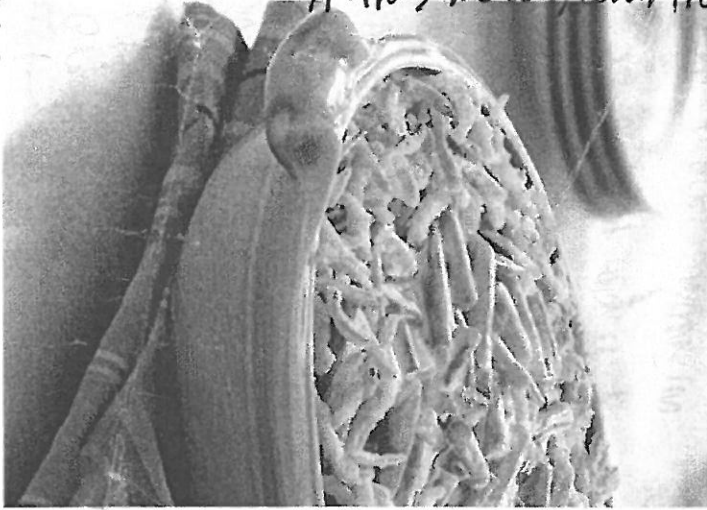
## Ingredients:

- 2 cans (10 3/4 oz. each) Campbell's® Condensed Cream of Mushroom Soup (regular or 98% Fat Free or Healthy Request®)
- 1 cup milk
- 2 tsp. soy sauce
- 1/4 tsp. ground black pepper
- 8 cups cooked cut green beans
- 1 can (6 oz.) French's® French Fried Onions (2 2/3 cups)

## Directions:

1. Stir soup, milk, soy sauce, black pepper, beans and 1 1/3 cups onions in 3-qt. casserole.
2. Bake at 350°F. for 25 min. or until hot. Stir.
3. Top with remaining onions. Bake for 5 min. more.

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Self stew  
the canned onions, red potatoes, onions, beef broth.

1/2 cup soy - 1 1/2 oz from tolu, added  
water, thyme, pepper, onion, cauliflower

pinus

whole wheat pasta w/ 1/2 cup  
marinara - add w/ mushrooms  
red peppers for a zest + dill in pasta  
+ add 1/2 cup onion or 1/2 cup  
for protein

- Grilled chicken, salad w/ feta cheese  
1/3 cup ~~breadcrumbs~~ For more delicious, money-saving recipes visit [CampbellKitchen.com](http://CampbellKitchen.com).  
CAMPBELL'S, FORMULAS, GREEN  
BEANS [seasoning + olive oil, chicken]