



# Green Bean Artichoke Casserole



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## Introduction

The Green Bean Artichoke Casserole is a delightful dish that combines the freshness of green beans with the unique flavor of artichokes. This casserole is perfect for holiday gatherings, family dinners, or as a comforting weeknight meal. It's creamy, savory, and a great way to incorporate more vegetables into your diet without sacrificing taste.

## Detailed Ingredients with measures

Fresh green beans - 1 pound  
Canned artichoke hearts - 1 can (14 ounces)  
Cream of mushroom soup - 1 can (10.5 ounces)  
Sour cream - 1 cup  
Shredded cheddar cheese - 1 cup  
French fried onions - 1 cup  
Garlic powder - 1 teaspoon  
Salt - 1/2 teaspoon  
Black pepper - 1/4 teaspoon

## Prep Time

20 minutes

## Cook Time, Total Time, Yield

Cook Time: 30 minutes  
Total Time: 50 minutes

Yield: Serves 6-8



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# Detailed Directions and Instructions

## Preheat the Oven

Begin by preheating your oven to 350°F (175°C).

## Prepare the Casserole Dish

Lightly grease a 9×13-inch casserole dish with cooking spray or oil.

## Mix the Vegetables

In a large mixing bowl, combine drained green beans and canned artichoke hearts.

## Add Cream Soup

Stir in a can of cream of mushroom soup until all vegetables are well coated.

## Incorporate Seasonings

Add garlic powder, salt, and pepper to taste; mix thoroughly to evenly distribute the seasonings.

## Prepare the Topping

In a separate bowl, mix together breadcrumbs, Parmesan cheese, and melted butter.

## Add Topping to Casserole

Sprinkle the breadcrumb mixture evenly over the vegetable mixture in the casserole dish.

### **Bake the Casserole**

Place the casserole in the preheated oven and bake for about 30-35 minutes, or until it is bubbling and the top is golden brown.

See also Chocolate-Filled Butter Cookies

### **Cool and Serve**

Once done, remove the casserole from the oven, let it cool slightly, and then serve warm.

## **Notes**

### **Substitutions**

You can use fresh green beans or other frozen vegetables if preferred.

### **Storage Instructions**

Store any leftovers in an airtight container in the refrigerator for up to 3-4 days.

### **Freezing Advice**

This casserole can be frozen before baking; ensure it is tightly wrapped to prevent freezer burn.

### **Serving Suggestions**

This dish pairs well with grilled meats or can be served as a standalone vegetarian option.



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# Cook techniques

## Blanching Green Beans

Blanching green beans is a technique used to preserve color and texture. It involves boiling the green beans briefly and then plunging them into ice water to stop the cooking process.

## Sautéing

Sautéing involves cooking ingredients quickly in a small amount of oil over medium-high heat. This technique helps to enhance flavors and creates a nice caramelization on the surface of the vegetables.

## Layering Ingredients

Layering ingredients in a casserole ensures even cooking and better flavor distribution. When making a casserole, it's important to alternate layers to create a well-balanced dish.

## Using Casserole Dishes

Using a casserole dish promotes even cooking and heat retention. It's ideal for baking dishes that require a longer cooking time, allowing flavors to meld together beautifully.

## Making a Cream Sauce

A cream sauce brings richness and depth to dishes. This is made by reducing cream, butter, and often adding cheese or broth to create a thick, flavorful base.

## Baking for Even Cooking

Baking allows for even cooking of the entire dish. It helps flavors develop and ingredients to combine, resulting in a cohesive and delicious casserole.

See also [Delicious French Toast Casserole Recipe](#)

## FAQ

### **Can I use frozen green beans for this casserole?**

Yes, you can use frozen green beans, but it's best to thaw and drain them before adding to the casserole.

### **Can I replace artichokes with another vegetable?**

Yes, you can substitute artichokes with other vegetables like mushrooms or zucchini for a different flavor profile.

### **How do I store leftovers?**

Leftovers can be stored in an airtight container in the refrigerator for up to 3-4 days.

### **Can I prepare this casserole ahead of time?**

Yes, you can prep the casserole in advance and store it in the refrigerator. Just be sure to bake it before serving.

### **Is this casserole suitable for vegetarians?**

Yes, this casserole is vegetarian-friendly, making it a great option for meatless meals.



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## Conclusion

The green bean artichoke casserole is a delicious and satisfying dish that brings together the earthy flavors of green beans and artichokes in a creamy, savory blend. It's perfect as a side dish for special occasions or a comforting family meal. This casserole showcases how vegetables can shine when combined with the right ingredients, proving that healthy eating can also be indulgent and enjoyable.

## More recipes suggestions and combination

### **Roasted Vegetable Medley**

Combine seasonal vegetables such as zucchini, bell peppers, and carrots with olive oil and herbs for a vibrant and healthy side dish.

### **Cheesy Broccoli Casserole**

This scrumptious casserole layers tender broccoli with a cheesy sauce baked to perfection for a comforting side.

### **Spinach and Artichoke Dip**

A creamy dip made with spinach and artichokes, perfect for serving with crackers or bread, embodying a similar flavor profile.

### **Stuffed Bell Peppers**

Bell peppers filled with quinoa, black beans, corn, and spices, baked until tender, make a nutritious and colorful main dish.

See also Chocolate Cereal at Home

## Garlic Mashed Potatoes

Creamy and flavorful, garlic mashed potatoes can be a wonderful accompaniment to any meal, complementing the casserole nicely.

## Brussels Sprouts with Balsamic Glaze

Oven-roasted Brussels sprouts drizzled with a tangy balsamic reduction make for a delightful addition to your plate.



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