

Green Bean with Meat Casserole

12 oz. ground turkey, chicken or beef cooked
3 Cups frozen, slightly thawed, cut green beans
6 Medium size Portobello mushrooms sliced and halved
1 Medium onion slices and diced
8 Oz Goat cheese crumbles
2 Tea Spoons (Tsp) garlic powder
2 Sprigs fresh sage
2 sprigs fresh thyme
1 Stem fresh rosemary
15 Fresh parsley leaves
1 Egg
½ Cup bread crumbs for crunchy topping (can omit)

Preheat oven to 350 degrees Fahrenheit

In 8 x 11 inch pan spray with olive oil cooking spray

In skillet pan brown meat with garlic powder, salt and pepper to taste.

Remove herbs from stems and cut up in small pieces, blend in small bowl.

In mixing bowl combine beef, green beans ensure separated pieces no clumps together, onions, mushrooms, and herbs until blended

Once blended place ingredients in casserole dish. Top with goat cheese crumbles.

Blend egg with bread crumbs and spread evenly over top of ingredients.

Bake at 350 degrees Fahrenheit for 30 minutes.

Serves 4-5

