

Sweet Potato and Green Bean Casserole

Source: Sweet Potato Soul by Jenné Claiborne

Serves 6

Ingredients:

- 3 medium sweet potatoes, peeled and sliced into ¼ inch thick medallions
- 4 tablespoons grapeseed oil
- Salt
- 1 small head of cauliflower, roughly chopped into small pieces
- 1 small yellow onion, diced
- 10 ounces baby bella mushrooms (about 2 cups), thinly sliced
- 1 ½ cups cooked cannellini beans or 1 (15-ounce can), drained and rinsed
- 1 cup plain unsweetened soy milk or other milk
- 2 teaspoons vegetable bouillon paste or 1 vegetable bouillon cube
- 1 teaspoon porcini powder (optional)
- 1 teaspoon dried thyme
- 1 teaspoon umami vinegar or lemon juice
- ¼ cup nutritional yeast
- 1 teaspoon freshly ground black pepper
- 1 pound fresh green beans or 1 (14 ounce) bag frozen green beans, thawed and cut into 1-inch pieces

Directions:

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper or a silicone mat and keep nearby.
2. In a 9 x 9-inch baking or casserole dish, toss the sweet potato medallions with 1 tablespoon of the oil. Arrange them evenly in the bottom of the dish and sprinkle with salt. The sweet potatoes will overlap. Set aside while you prepare the cauliflower.
3. Place the chopped cauliflower on the prepared baking sheet. Drizzle 2 tablespoons of the oil over the cauliflower, then evenly arrange the pieces over the sheet. Add a sprinkle of salt. Place both the sweet potatoes and the cauliflower in the oven and roast for 30 minutes, or until the vegetables are tender.
4. In a large saucepan, heat the remaining 1 tablespoon oil over medium-high heat. Add the onion and sauté until it is translucent, about 3 minutes. Stir in the mushrooms and beans. Reduce the heat to medium-low and continue to cook until the mushrooms start to release their juices and become tender, about 10 minutes. Add 1 cup water, the soy milk, bouillon paste, porcini powder, and thyme. Partially cover the pan with a lid and simmer for another 10 minutes. Add three quarters of the roasted cauliflower, the vinegar, nutritional yeast and ½ teaspoon of salt. Cook 5 more minutes.
5. Remove the pan from the heat and use a handheld immersion blender to puree about two thirds of the mixture. If you do not have an immersion blender, allow the mixture to cool until it's safe to transfer three quarters of it to a blender to puree. Return the pan to the heat and add the black pepper and green beans. Stir well to combine.
6. Spoon the green bean mixture over the top of the roasted potatoes in the casserole dish. Top the dish with the remaining cauliflower. Bake for 20 minutes and serve hot.