



## Superfat Green Bean Casserole

**Active Time:** 40 minutes | **Total Time:** 1 hour | **Serves:** 8

### Nutrition Information Per Serving

172.8 calories, 5.87 g carbohydrate, 2.04 g fiber, 3.83 g NET carbs, 6.03 g protein, 14.44 g fat

#### Ingredients

- 1 ounce Epic Sea Salt and Pepper Pork Rinds
- 1 pound organic green beans, trimmed
- 4 slice(s) pasture-raised bacon, cooked and chopped
- 1/2 cup(s) organic heavy cream
- 1/2 cup(s) organic chicken broth
- 4 ounce(s) crimini mushrooms
- 3 clove(s) garlic, minced
- 1 tsp worcestershire sauce
- 3 Tbsp(s) grass-fed butter
- 1 ounce Parmesan cheese

#### Preparation

1. Preheat oven to 400 F. Fill a large stockpot with water and bring to a boil. Grease a casserole dish.
2. Add green beans to boiling water and cook for 5 minutes. Drain and set aside.
3. Add&nbsp;butter to a large skillet over medium heat. Add the garlic and cook, stirring 1 minute. Add the mushrooms and cook, stirring 5 minutes.
4. Add the heavy cream and chicken stock and bring to a boil over medium heat. Reduce heat to low and simmer to reduce by 1/3.
5. Stir in the Parmesan cheese and bacon, then add the cooked green beans and stir to coat.
6. Pour green bean mixture into casserole dish. Crush the pork rinds by putting them in a zip-top bag and pounding with a mallet or heavy-bottomed skillet. Top green bean casserole with crushed pork rinds. Bake 20 minutes until golden and bubbly.

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