

good housekeeping green bean casserole

good housekeeping green bean casserole has long been a beloved classic in American home cooking, especially during holiday seasons. This dish combines tender green beans, a creamy mushroom sauce, and a crunchy fried onion topping to create a comforting and flavorful side. Known for its simplicity and crowd-pleasing appeal, the good housekeeping green bean casserole recipe has stood the test of time by balancing tradition with ease of preparation. This article explores the history and background of the green bean casserole, delves into the essential ingredients and preparation techniques, offers tips to perfect the recipe, and suggests variations and serving ideas. Whether seeking to recreate the classic or to customize it for modern tastes, understanding the nuances of this dish ensures a satisfying culinary experience.

- History and Background of Green Bean Casserole
- Essential Ingredients for Good Housekeeping Green Bean Casserole
- Step-by-Step Preparation and Cooking Techniques
- Tips for Perfecting Your Green Bean Casserole
- Variations and Serving Suggestions

History and Background of Green Bean Casserole

The green bean casserole first gained popularity in the 1950s when it was introduced by the Campbell Soup Company as a convenient and appealing way to use canned green beans and mushroom soup. This dish quickly became a staple at Thanksgiving and other holiday meals due to its ease of

preparation and satisfying flavor profile. In the context of good housekeeping green bean casserole, the recipe epitomizes mid-century American culinary innovation, combining pantry staples into a dish that is both practical and delicious. Over the decades, it has evolved from a humble side dish to a nostalgic tradition featured in countless family gatherings.

The Origins of the Recipe

Developed by Dorcas Reilly at Campbell's test kitchen in 1955, the original green bean casserole recipe was designed to be simple, affordable, and tasty. The use of cream of mushroom soup and fried onions was innovative at the time, streamlining preparation and ensuring consistent results. This recipe was widely published in cookbooks and magazines, eventually becoming an iconic dish synonymous with American holiday cuisine.

Significance in American Holiday Meals

Green bean casserole holds a special place on many holiday tables, particularly during Thanksgiving. It provides a creamy, crunchy contrast to roasted meats and other side dishes. Its popularity is rooted in both tradition and convenience, making it a favored choice for hosts aiming to balance flavor with efficiency in meal preparation.

Essential Ingredients for Good Housekeeping Green Bean Casserole

Understanding the components of the good housekeeping green bean casserole is crucial for replicating its classic taste and texture. The primary ingredients include green beans, cream of mushroom soup, milk, soy sauce, black pepper, and fried onions. Each ingredient contributes uniquely to the overall flavor and structure of the casserole.

Green Beans

Fresh or frozen green beans are commonly used, though canned green beans may be substituted for convenience. Fresh or frozen green beans tend to offer better texture and a fresher flavor, while canned beans provide ease of use. Proper trimming and blanching of fresh beans ensure tenderness without mushiness.

Cream of Mushroom Soup

The cream of mushroom soup serves as the base of the sauce, providing a rich and savory flavor. Its creamy consistency helps bind the ingredients together. Using a good-quality condensed soup or making a homemade mushroom sauce can enhance the casserole's taste.

Fried Onions

Fried onions add a critical crunchy topping that contrasts with the creamy interior. These onions are typically store-bought, but they can be prepared at home by thinly slicing onions, coating them lightly with flour, and frying until golden brown. The topping is usually added twice: once in the mixture and again on top for extra crispness.

Additional Seasonings and Liquids

Milk is added to thin the mushroom soup and create a creamy consistency. Soy sauce or Worcestershire sauce can be included for umami depth, and black pepper is used for subtle seasoning. Salt should be added carefully, considering the saltiness of the soup and soy sauce.

Step-by-Step Preparation and Cooking Techniques

The preparation of the good housekeeping green bean casserole requires attention to detail to balance

moisture, texture, and flavor. The process can be broken down into several key steps to ensure a successful outcome.

Preparing the Green Beans

Start by washing and trimming the ends of fresh green beans. If using frozen beans, thaw and drain them thoroughly. Blanch fresh green beans in boiling water for 3-5 minutes until they are crisp-tender, then immediately transfer them to ice water to halt cooking and preserve color.

Mixing the Sauce

In a mixing bowl, combine the cream of mushroom soup, milk, soy sauce, and black pepper. Stir well until the mixture is smooth and consistent. This sauce will coat the green beans and form the creamy base of the casserole.

Combining Ingredients

Add the prepared green beans and half of the fried onions into the sauce mixture. Stir gently to ensure even coating. The inclusion of some fried onions inside the casserole adds texture throughout the dish.

Baking the Casserole

Transfer the mixture into a greased baking dish, spreading it evenly. Bake in a preheated oven at 350°F (175°C) for approximately 25 minutes. After baking, remove the casserole briefly to sprinkle the remaining fried onions evenly on top. Return to the oven and bake for an additional 5-10 minutes until the topping is golden and crispy.

Tips for Perfecting Your Green Bean Casserole

Achieving the ideal good housekeeping green bean casserole involves several tips and tricks that enhance flavor, texture, and presentation. Attention to ingredient quality and preparation techniques can elevate this classic dish.

Use Fresh or High-Quality Frozen Green Beans

Choosing fresh or premium frozen green beans ensures a crisper texture and brighter color compared to canned beans, which can sometimes be overly soft or mushy. Proper blanching is essential to maintain firmness.

Make a Homemade Mushroom Sauce

For a more flavorful casserole, consider making a homemade cream of mushroom sauce using fresh mushrooms, butter, flour, milk, and seasoning. This approach allows control over ingredients and enhances the overall taste.

Customize the Fried Onion Topping

Instead of using standard fried onions, experiment with homemade crispy onions or alternative toppings such as panko breadcrumbs mixed with Parmesan cheese for extra crunch and flavor.

Balance Moisture Levels

Overly wet casseroles can become soggy. Avoid adding too much liquid and ensure green beans are well-drained before mixing. Baking uncovered helps evaporate excess moisture, preserving a perfect texture.

- Blanch green beans properly to retain texture
- Use homemade mushroom sauce for richer flavor
- Incorporate fried onions inside and on top of the casserole
- Avoid over-seasoning due to salty soup and toppings
- Bake until bubbly and golden for best results

Variations and Serving Suggestions

The versatility of good housekeeping green bean casserole allows for numerous variations to accommodate dietary preferences and taste preferences. Additionally, serving suggestions can complement the dish to enhance the overall meal experience.

Vegetarian and Vegan Options

Substitute the cream of mushroom soup with a dairy-free alternative or homemade vegan sauce using plant-based milk and mushrooms. Use vegan fried onion toppings or toasted nuts to maintain crunch. This modification preserves the casserole's comforting qualities while accommodating dietary restrictions.

Additional Ingredient Enhancements

Incorporate fresh herbs such as thyme or rosemary for aromatic complexity. Add sautéed mushrooms or garlic to the sauce for intensified umami. Some recipes include diced water chestnuts or sliced almonds for additional texture contrast.

Serving Suggestions

Green bean casserole pairs well with traditional holiday mains such as roasted turkey, baked ham, or roast beef. It also complements vegetarian entrees like stuffed squash or lentil loaf. Garnishing with fresh parsley or chives adds a touch of color and freshness to the presentation.

- Serve alongside roasted or grilled meats
- Pair with mashed potatoes or stuffing for a classic holiday plate
- Use as a side dish in casual family dinners
- Offer variations with added nuts or fresh herbs for elevated flavor

Frequently Asked Questions

What is the classic Good Housekeeping green bean casserole recipe?

The classic Good Housekeeping green bean casserole recipe includes green beans, cream of mushroom soup, milk, soy sauce, black pepper, and crispy fried onions. The ingredients are mixed and baked until bubbly and topped with fried onions for a crunchy finish.

How can I make Good Housekeeping green bean casserole healthier?

To make it healthier, use fresh green beans instead of canned, opt for low-fat or homemade mushroom soup, reduce or omit the soy sauce to lower sodium, and bake your own crispy onions using whole wheat breadcrumbs instead of fried onions.

Can I make Good Housekeeping green bean casserole ahead of time?

Yes, you can prepare the casserole a day ahead. Assemble the casserole, cover it tightly, and refrigerate. Before serving, bake it in the oven until heated through and the topping is crispy.

What type of green beans does Good Housekeeping recommend for the casserole?

Good Housekeeping recommends using fresh green beans, trimmed and blanched, for the best texture and flavor, though frozen green beans can also be used as a convenient alternative.

How long should I bake the Good Housekeeping green bean casserole?

Bake the casserole at 350°F (175°C) for about 25 to 30 minutes, or until the mixture is bubbly and the topping is golden brown and crisp.

What can I use as a substitute for cream of mushroom soup in the Good Housekeeping green bean casserole?

You can substitute cream of mushroom soup with a homemade mushroom sauce made from sautéed mushrooms, flour, butter, and milk, or use cream of celery or cream of chicken soup for a different flavor.

Does Good Housekeeping green bean casserole include fresh or canned onions?

The recipe typically uses canned crispy fried onions as a topping to add texture and flavor, but you can also make your own crispy onions if preferred.

Can I make Good Housekeeping green bean casserole vegan?

Yes, to make it vegan, use plant-based cream of mushroom soup, non-dairy milk, and vegan fried

onions. Ensure all ingredients are free from animal products.

What are some popular variations of Good Housekeeping green bean casserole?

Popular variations include adding sautéed mushrooms, garlic, cheese, or mixing in almonds or bacon. Some also use fresh herbs like thyme or rosemary for added flavor.

How do I store leftovers of Good Housekeeping green bean casserole?

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the oven at 350°F until warmed through and the topping is crispy again.

Additional Resources

1. *The Ultimate Guide to Green Bean Casserole: Classic and Creative Recipes*

This book dives deep into the history and evolution of the beloved green bean casserole. From the traditional Good Housekeeping recipe to modern twists with unique ingredients, it offers step-by-step instructions and tips for perfecting this holiday staple. It also includes variations for dietary preferences like vegan and gluten-free options.

2. *Good Housekeeping's Holiday Casseroles: Comfort Food for Every Occasion*

Featuring a collection of comforting casserole recipes, this book highlights the iconic green bean casserole alongside other festive favorites. It provides helpful cooking techniques, ingredient substitutions, and presentation ideas to make your holiday meals memorable and stress-free.

3. *Green Bean Casserole Made Easy: Quick and Delicious Recipes*

Ideal for busy cooks, this book offers a variety of easy-to-follow green bean casserole recipes inspired by Good Housekeeping's classic. It focuses on simple ingredients and minimal prep time without sacrificing flavor, perfect for weeknight dinners or last-minute gatherings.

4. The Science of Green Bean Casserole: Perfecting the Classic Dish

Exploring the culinary science behind the green bean casserole, this book explains how ingredient choices and cooking methods affect texture and taste. It includes experiments, tips, and tricks to help home cooks achieve the perfect balance of creamy, crunchy, and savory in their casseroles.

5. Good Housekeeping's Vegetarian Casseroles: Delicious Meat-Free Meals

This cookbook features a variety of vegetarian casseroles, with a special focus on the green bean casserole as a centerpiece. It offers nutritious and flavorful recipes that cater to vegetarians and anyone looking to incorporate more plant-based dishes into their diet.

6. Green Bean Casserole Variations: International Flavors and Inspirations

Take your green bean casserole beyond the classic with this collection of international-inspired recipes. From Asian spices to Mediterranean herbs, the book offers creative ways to reinvent the traditional dish while maintaining its comforting essence.

7. The Good Housekeeping Cookbook: Timeless Classics and Modern Favorites

A comprehensive cookbook that includes the famous green bean casserole recipe among a wide range of beloved dishes. It provides trusted recipes tested by Good Housekeeping's experts, ensuring consistent and delicious results for both novice and experienced cooks.

8. Healthy Green Bean Casseroles: Nutritious Twists on a Holiday Favorite

This book focuses on making the green bean casserole healthier without compromising flavor. Recipes feature fresh ingredients, reduced sodium, and alternatives to traditional cream soups and fried onions, making it suitable for health-conscious individuals and families.

9. From Good Housekeeping to Gourmet: Elevating the Green Bean Casserole

Discover elegant and gourmet versions of the classic green bean casserole in this stylish cookbook. With upscale ingredients like truffle oil, artisanal cheeses, and gourmet mushrooms, it shows how to transform a humble dish into a sophisticated centerpiece for special occasions.

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