

Quick n Easy Oven Roasted Green Beans

1 bag of frozen fine green beans 600 grams (about 21 ounces), defrosted
1 large onion, peeled and chopped
15-20 mushrooms, cleaned and sliced
1 red bell pepper, cleaned and sliced into matchsticks
olive oil or canola oil (I recommend olive oil here for the flavor)
kosher or coarse salt to taste

Directions:

Preheat the oven to 350 F.

Take a casserole dish that's oven to table and drizzle olive oil all over the bottom. Place the defrosted green beans on top. Take about 2 tablespoons of olive oil in a pan and sautee the onions and mushrooms till lightly browned. Pour over the green beans in the casserole dish. Place the sliced red pepper on top of the lot. Take a few pinches of kosher salt and sprinkle over the veggies and add a little more olive oil. Using your hands (I use gloves) toss everything together till veggies are coated. Put green beans in the hot oven and bake 20-30 minutes or till done to your liking. Me n DH like them soft but not mushy if you like more "al dente" cook for a shorter time.