



HEALTHY WAYS CANNED GREEN BEANS



Preparation Tips:

Drain & rinse canned green beans to reduce sodium (salt)

- Get your daily veggies by adding green beans to soups, stews, pastas, and casseroles
- Add to mac & cheese or hamburger skillet for added nutrition
- Toss heated green beans with a tsp of melted butter, a tbsp of shredded cheese, and a pinch of red pepper flakes for a side

RECIPES

Skillet Potatoes & Green Beans

Ingredients:

- | | |
|--|---|
| 3 cups potatoes (fresh or canned), chopped | 3/4 tsp salt |
| 1 (14oz) can of green beans, drained & rinsed | 1/2 tsp dried herbs (oregano, parsley, basil) |
| 2 cloves garlic, minced (or 2 tsp garlic powder) | black pepper to taste |

Directions:

1. Bring a large pot of salted water to a boil. Boil potatoes for 15-20 minutes (or until fork tender) and drain. If using canned potatoes, skip this step.
2. Heat oil in a large skillet over medium-high heat. Add potatoes and dry, stirring once every 3-5 minutes, until about half of them are golden brown, about 5-10 minutes.
3. Add the garlic and the green beans to the skillet and continue to sauté until fragrant and heated though.
4. Season the skillet with salt, herbs, and some black pepper.

Green Beans & Tomatoes

Ingredients:

- | | |
|---|-----------------------|
| 1 onion, chopped | 1/2 tsp salt |
| 2 (14.5oz) cans green beans, drained & rinsed | 1/4 tsp pepper |
| 1 (14.5oz) can diced tomatoes, undrained | 1/4 tsp garlic powder |

Directions:

1. Place all the ingredients in a medium sauce pot over medium-high heat. Cook, stirring occasionally, until mixture begins to bubble.
2. Reduce heat to low and cover. Simmer for 10-15 minutes. Serve warm.

Green Bean Casserole

Ingredients:

- | | |
|---|---|
| 3 (14.5oz) cans green beans, drained & rinsed | 3/4 tsp salt |
| 2-3 tbsp oil, divided | 1/4 tsp black pepper |
| 1 medium onion, chopped | 2 1/2 cups low fat milk |
| 1 clove garlic, minced (or 1 tsp garlic powder) | 1/2 cup whole wheat bread crumbs (optional) |
| 3 tbsp all purpose flour | 1/2 cup shredded cheese (optional) |

Directions:

1. Preheat oven to 400° F. Grease a 13x9-inch baking dish.
2. Heat 1 tbsp oil in a large sauce pan over medium heat. Add onion and cook, stirring frequently, until brown, 5-8 minutes. Add flour, salt, pepper, and garlic. Cook for 1 more minute, stirring constantly.
3. Add milk and stir, scraping up any browned bits. Cook, stirring until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from heat and stir in green beans.
4. If using, combine breadcrumbs and 1 tsp oil in a small dish.
5. Add green bean mixture to the baking dish. Sprinkle the breadcrumb mixture and/or cheese over the green beans.
6. Bake for 15-20 minutes or until casserole is bubbly and top has browned slightly. Serve warm.



MAKE IT A MEAL: RECIPES



Garlicky Green Beans

Ingredients:

- | | |
|--|--------------------------------------|
| 2 tbsp oil | salt & pepper to taste |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 2 tbsp soy sauce (optional) |
| 2 (14 oz) cans of green beans, drained & rinsed | 1/2 tsp red pepper flakes (optional) |

Directions:

1. In a large skillet over medium heat, add oil and then garlic and cook, stirring frequently, for about 30 seconds. If using garlic powder, skip this step and add during step 2.
2. Stir in green beans, soy sauce, and season with salt and pepper. Add red pepper flakes if desired. Cook until beans are heated through.

Three Bean Salad

Ingredients:

- | | |
|---|-------------------------|
| 2 (15oz) cans beans, drained & rinsed
(use any type of bean, but try to use 2 different kinds) | 2 tbsp oil |
| 1 (14oz) can green beans, drained & rinsed | 2 tbsp vinegar |
| 1 medium onion, diced | 1 tsp Italian seasoning |
| 1 bell pepper, chopped | 1/2 tsp garlic powder |
| 1/4 cup Italian dressing | 1/4 tsp salt |
| | 1/4 tsp black pepper |

Directions:

1. In a large bowl, combine the green beans, canned beans, onion and bell pepper .
2. whisk together oil, vinegar, Italian seasoning, garlic powder, salt and pepper. Pour over salad.
3. Toss vegetables and store in the refrigerator for at least one hour.
4. Drain off any excess liquid before serving.

Three Sisters Soup

Ingredients:

- | | |
|---|--|
| 1 tbsp oil | 4 cups chicken stock, vegetable broth or water |
| 1 large onion, chopped | 2 tbsp butter, melted |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 2 tbsp flour |
| 1 (14.5oz) can green beans, drained & rinsed | 1 tsp dried sage or other herb (optional) |
| 1 (14.5oz) can corn or hominy, drained & rinsed | 1 (14.5oz) can potatoes, drained |
| 1 (14.5oz) can beans (any kind), drained & rinsed | salt & pepper to taste |

Directions:

1. Heat oil in a large pot over medium-high heat; add onion and cook until browned, about 5-7 minutes.
2. Add garlic and cook for 1 minute longer, stirring constantly.
3. Add remaining ingredients and bring to a boil; reduce heat to low and simmer, until vegetables are soft, about 10 minutes.
4. In a small bowl, mix together melted butter and flour. Stir into soup.
5. Increase heat to medium and cook for 5 more minutes, or until soup thickens.
6. Salt and pepper to taste. Serve warm.

Simple Supper Casserole

Ingredients:

- | | |
|--|---|
| 3-4 cups cooked brown rice, whole wheat pasta, egg noodles
OR cooked cubed potatoes | 1 cup canned chicken, tuna OR salmon, drained |
| 1-2 tsp dried herbs | 1 (15oz) can green beans, drained & rinsed |
| 1 (16oz) can diced tomatoes
OR 1 (10oz) can cream of mushroom/chicken soup + 1/2 cup milk | |

Directions:

1. Preheat oven 350°F
2. Combine all ingredients in a greased casserole dish
3. Bake for 20-25 minutes microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.