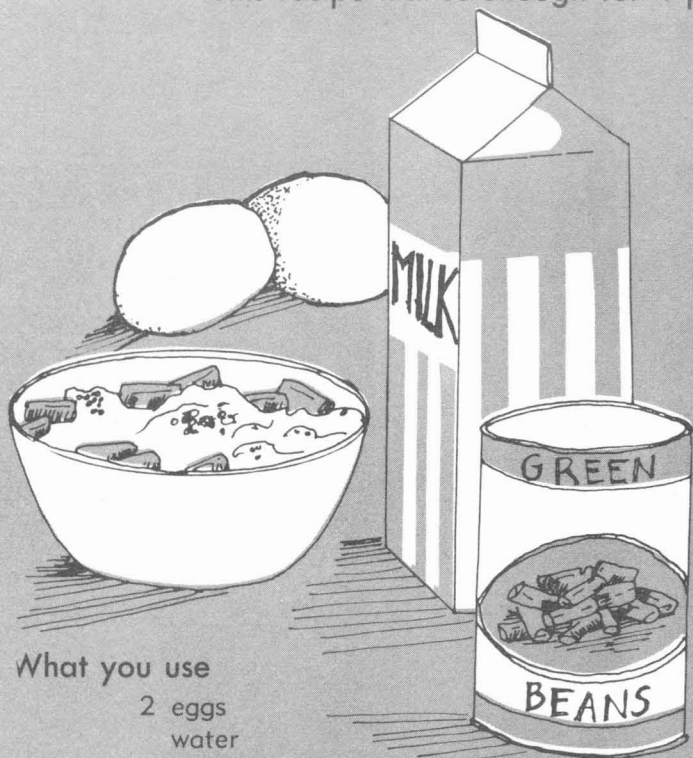


Green Bean-Egg Casserole

This recipe makes enough for 4 people.



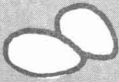
What you use

- 2 eggs
- water
- 1 can green beans
- 2 tablespoons margarine or butter
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk

The Texas A&M University System
Texas Agricultural Extension Service
J. E. Hutchison, Director
College Station, Texas

How to make Green Bean-Egg Casserole

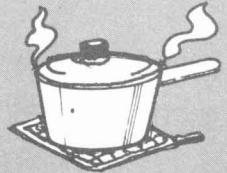
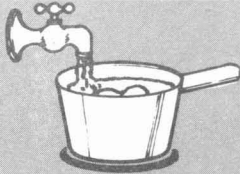
1



2 eggs

Put eggs in a boiler.
Cover eggs with water.

Let water come to a boil.



Take boiler off heat.
Cover boiler with a lid.
Let eggs sit for 15 minutes.

2

Put hard-cooked eggs in cold water.

Leave eggs for 5 minutes.
Let eggs get cool.



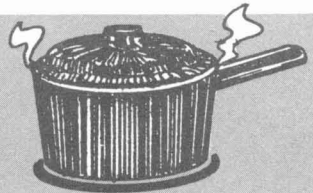
3



Green beans
and juice

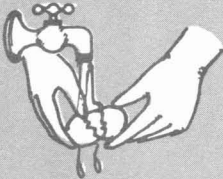


2 cups



Put green beans and
juice in a boiler.
Cover boiler with a lid.
Cook 15 minutes.

4



Peel the eggs.

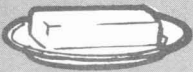


Put **cooked** egg whites in a plate.

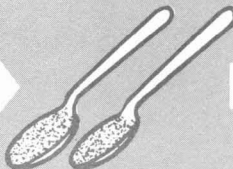


Put **cooked** egg yolks in another plate.

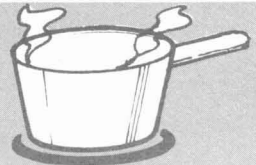
5



Margarine
or butter



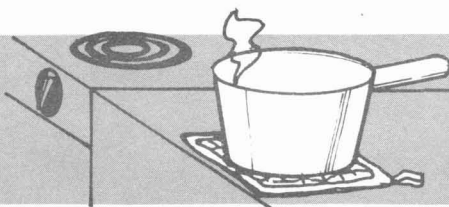
2 tablespoons



Put margarine or
butter in a boiler.
Let it melt.

6

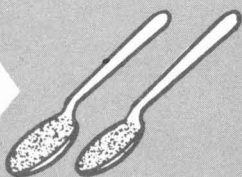
Take boiler off heat.



7



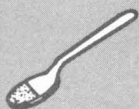
Flour



2 tablespoons



Salt



$\frac{1}{2}$ teaspoon

Add flour and salt to margarine or butter. Stir until there are no lumps.

8



Milk



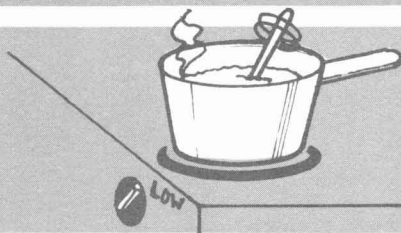
1 cup

Add milk a little at a time. Stir as you add it.

9

Return boiler to heat.

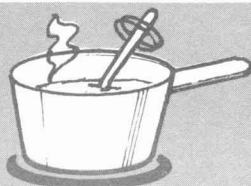
Cook on **low** heat. Cook until White Sauce is thick. Stir all the time.



0



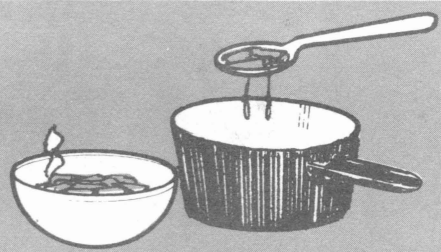
Cut **egg whites** in small pieces. Add them to White Sauce. Stir.



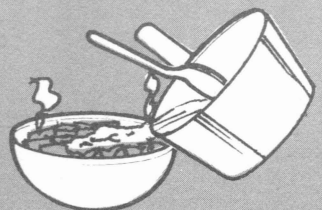
See next page.

11 Drain juice from beans.
Put cooked green beans
in a serving bowl.

Do not pour in the juice.

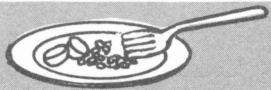


12 Pour White Sauce over green beans.



13 Mash **egg yolks** with a fork.

Sprinkle them over White Sauce.



A Good Diet has meat, eggs, cheese,
or dry beans or peas every day.
It also has fruits and vegetables.
A good diet has milk and cereals.

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