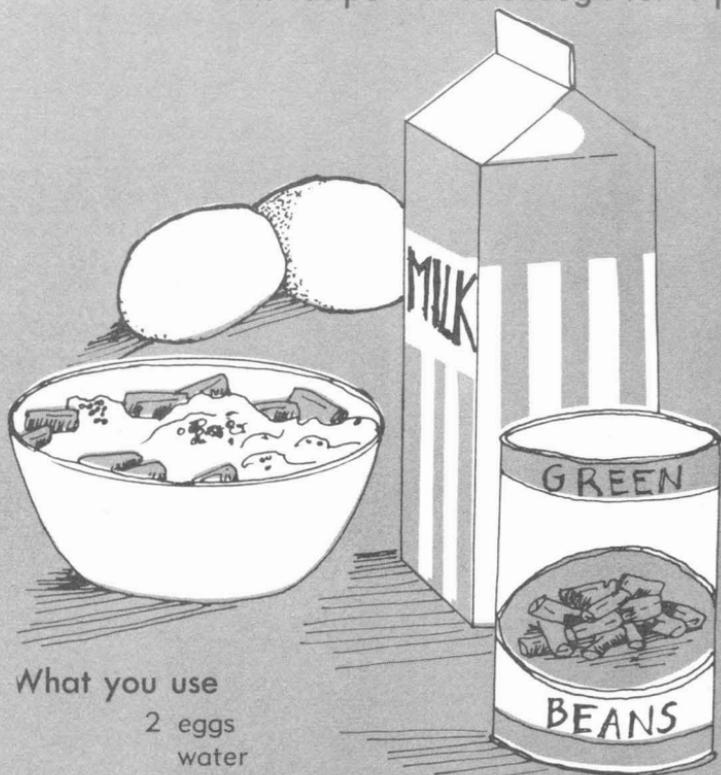


# Green Bean-Egg Casserole

This recipe makes enough for 4 people.



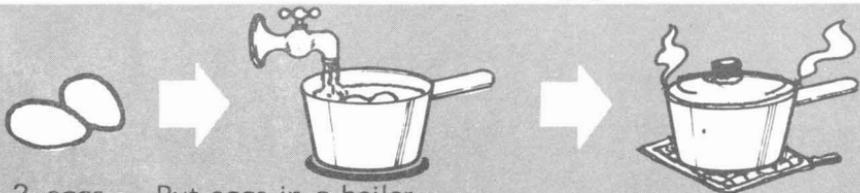
## What you use

- 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.

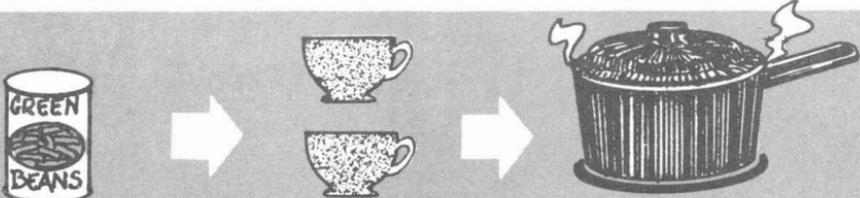
2

Put hard-cooked eggs in cold water.

Leave eggs for 5 minutes.  
Let eggs get cool.



3

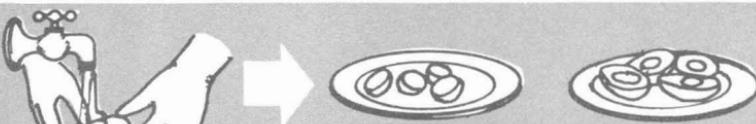


Green beans and juice

2 cups

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

4

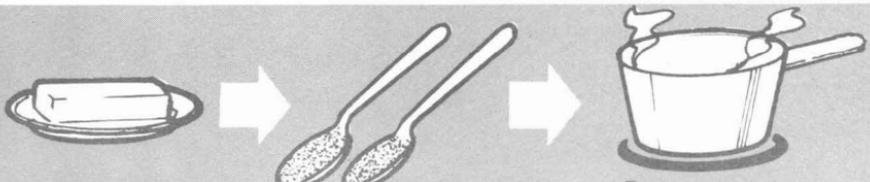


Peel the eggs.

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

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

5



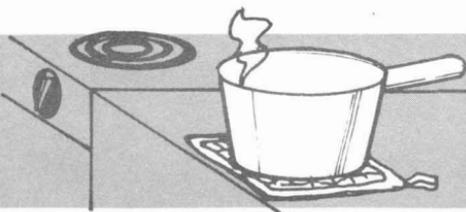
Margarine or butter

2 tablespoons

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

6

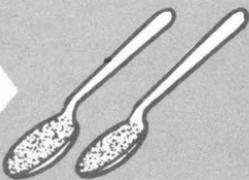
Take boiler off heat.



7



Flour



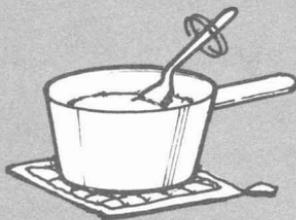
2 tablespoons



Salt



$\frac{1}{2}$  teaspoon



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

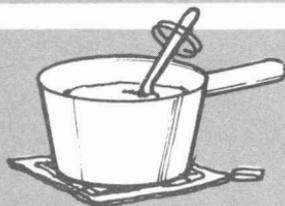
8



Milk



1 cup

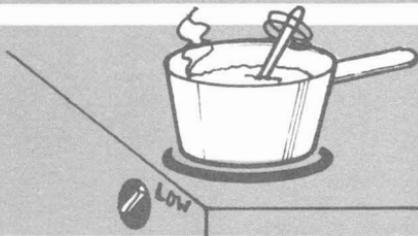


Add milk a little at a time. Stir as you add it.

9

Return boiler to heat.

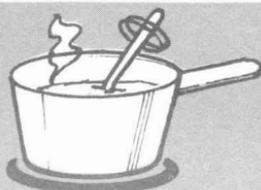
Cook on **low** heat.  
Cook until White Sauce is thick.  
Stir all the time.



0



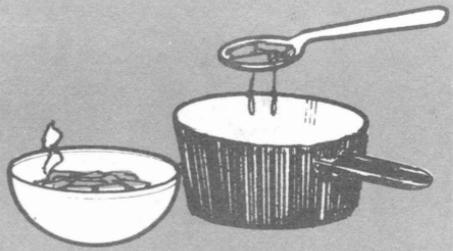
Cut **egg whites** in small pieces.  
Add them to White Sauce. Stir.



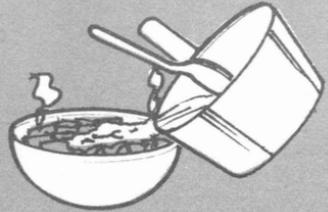
See next page.

- 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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