

Cooking with Green Beans



Green beans are a tasty low-fat vegetable. One serving is equal to $\frac{1}{2}$ cup. A 15- to 16-ounce can of green beans will make about four servings.

After a can of green beans has been opened, place any leftovers in a plastic or glass container and store it in the refrigerator. Use it within 2 to 3 days.

How to store them

Store unopened cans of green beans in a cool, dry place. For best flavor, use canned green beans within 1 year.

Pick Your Own 3-Bean Salad (makes 4 to 6 servings)

What you need

3 15- to 16-ounce cans of canned beans, drained and rinsed. Pick from the following list of beans

Green beans	Kidney beans
Chickpeas (garbanzo beans)	Yellow wax beans
Black beans	Lima beans

2 green onions, finely chopped (if you like)
 $\frac{1}{3}$ cup vegetable oil
 $\frac{1}{3}$ cup sugar (if you like)
 $\frac{1}{3}$ cup vinegar
salt and pepper (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the 3 cans of beans with the onions. Set it aside.
3. In a bowl, mix together the oil, sugar, vinegar, salt and pepper. The sugar will not dissolve right away.
4. Add the oil and vinegar mixture to the beans and onions. Stir it gently so the oil and vinegar mixture coats the beans. Place the salad in the refrigerator for at least 4 or 5 hours before serving it.

Easy Green Bean Casserole (makes 6 to 8 servings)

What you need

2 15-ounce cans of green beans, drained
10.5-ounce can cream of mushroom soup
 $\frac{3}{4}$ cup milk
2.75-ounce can fried onion rings, divided in half
black pepper (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a medium bowl, mix the green beans, soup, milk, $\frac{1}{2}$ of the onion rings, and pepper. Pour it into a baking dish.
3. Bake it at 350 degrees F for 30 minutes.
4. Add the remaining onion rings and bake it for another 5 minutes or until the top of the casserole is brown.

Tip: To save money, buy the store brand of the fried onion rings if possible.

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Green bean casserole recipe courtesy of the Canned Food Alliance.



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Revision