

Can-Do GREEN BEANS

Fajitas Primavera

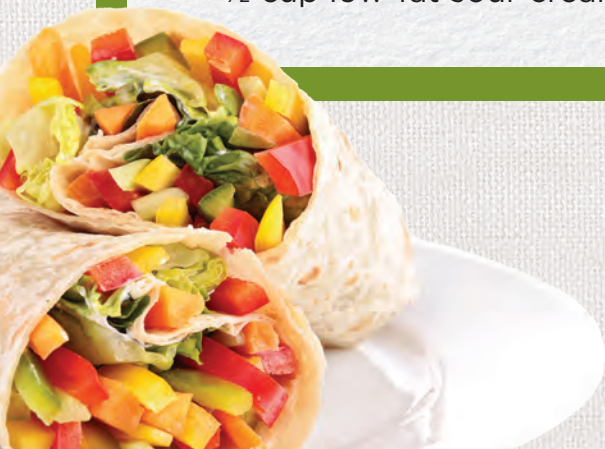
Servings: 6

Ingredients

- 2 tablespoons cooking oil, divided
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon ground black pepper
- 1 can (14.5 ounces) corn kernels, drained
- 1 can (14.5 ounces) red kidney beans, drained and rinsed
- 1 can (4 ounces) mushroom pieces and stems, drained
- 1 can (15 ounces) low-sodium green beans, drained
- 1 medium onion, halved and sliced
- 1 can (14.5 ounces) diced tomatoes
- 8 medium (8-inch) tortillas, warmed according to package directions
- 1 cup shredded cheddar cheese
- ½ cup low-fat sour cream, optional

Directions

1. Wash hands and surfaces.
2. Mix 1 tablespoon oil, Worcestershire sauce, garlic powder, chili powder, oregano, cumin and pepper in a medium mixing bowl.
3. Add corn, kidney beans, mushrooms and green beans.
4. Toss gently until all vegetables are coated. Set aside for 10 minutes.
5. Heat the remaining one tablespoon oil in a large skillet over high heat, until smoking.
6. Add onion and sauté until browned and tender, about 5 minutes.
7. Add corn-bean mixture and tomatoes; cook until steaming hot, about 4 minutes, stirring often.
8. Spoon ¾ cup vegetable filling into the center of each warm tortilla.
9. Top with 2 tablespoons shredded cheese, fold in one side and roll up.
10. Serve with sour cream, if desired.
11. Enjoy! Refrigerate leftovers immediately.





Southern Green Beans

Servings: 6

Ingredients

- 1 tablespoon vegetable oil
- ¼ cup finely chopped onion
- ¼ cup chopped ham
- 2 cans (15 ounce each) green beans, drained
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions

1. Wash hands and surfaces.
2. Heat the oil in a large skillet. Add the onions and ham. Stir and cook for 2-3 minutes.
3. Add green beans and ¼ cup water to the skillet. Season with salt and pepper. Stir and cook for 4 to 5 minutes.
4. Refrigerate leftovers immediately.



Tips for cooking with green beans

- Reduce the sodium in canned green beans by rinsing them under cool running water before cooking them.
- You can use fresh, frozen, or canned green beans in any of these recipes. Fresh and frozen will need longer cooking time and the texture may be crisper.
- Fresh green beans are easy to prepare. Just rinse them under cool running water and trim off the ends.

Crunchy Noodle Bake

Servings: 8

Ingredients

- 1 can (10.75 ounces) cream of chicken soup
- 1 can (10.75 ounces) cheddar cheese soup
- 8 ounces shredded cheddar cheese
- 2 cans (10 ounces) chicken, drained and shredded
- 12-ounce package wide egg noodles, cooked
- 1 can (14.5 ounces) green beans, rinsed and drained
- 2 cups cornflakes, crushed
- ¼ cup butter or margarine, melted

Directions

1. Wash hands and surfaces.
2. Combine soups, cheese and chicken in large bowl.
3. Fold in noodles and green beans.
4. Pour into a lightly greased 9-by-13-inch baking dish.
5. Mix together cornflakes and margarine; sprinkle over top.
6. Bake at 350 degrees F for 30 minutes or until cornflakes are crispy and golden and cheese is melted.
7. Enjoy! Refrigerate leftovers immediately.



Cooking tips

- Frozen green beans can be used instead of canned.
- Add any other vegetables you like such as carrots, corn, peas, or spinach.



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10-Minute Stroni

Servings: 8

Ingredients

- 1 tablespoon cooking oil
- 1 medium onion, diced
- 1 can (14.5 ounces) low-sodium chicken broth
- 1 teaspoon minced garlic
- ¼ teaspoon ground oregano
- 1 can (14.5 ounces) diced tomatoes, drained
- 1 can (14.5 ounces) navy beans or chickpeas, drained and rinsed
- 1 can (14.5 ounces) sliced carrots, drained
- 1 can (15 ounces) low-sodium green beans, rinsed and drained
- 1 can (4 ounces) sliced mushrooms, drained
- Salt and pepper, to taste
- Parmesan cheese (optional)

Directions

1. Wash hands and surfaces.
2. Heat oil in a large saucepan over medium-high heat.
3. Add onion and sauté until transparent, about 2 minutes.
4. Add broth, garlic and oregano; bring to a boil.
5. Add tomatoes, navy beans or chickpeas, carrots, green beans, mushrooms, salt and pepper; simmer 4 to 5 minutes.
6. Serve with Parmesan cheese, if desired.
7. Enjoy! Refrigerate leftovers immediately.

