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### **Low-Fat Beans**

Fresh Green Beans

2 pkg. Goya Ham seasoning

3 or 4 chicken bouillon cubes

3 or 4 beef bouillon cubes

1 cup cooking white wine

1 T. Garlic powder

1 T. Onion powder

dash of red pepper

Healthy Choice link sausage or lean port tenderloin (cubed) (optional)

Fill 4 qt. boiler 3/4 full of fresh snapped green beans. Add other ingredients and cover with water. Cook until tender. Will have to add more water as beans cook. If using canned beans, cooking time will decrease.

### **Southern-Style Green Beans & Potato Casserole**

4-6 medium red potatoes, sliced about 1/4" (peeled or not)

4-5 cups whole fresh green beans, trimmed

6 slices bacon, fried, drained and diced

2 T. Minced dried onion

1 can 98% fat free cream of celery soup

Salt and pepper to taste

Place sliced potatoes and green beans in crockpot; add other ingredients. Cover and cook on low 7-9 hours. Serves 4-6.

### **Country Seasoned Green Beans**

1 lb. Fresh green beans

1/4 cup bacon or country ham drippings

Salt to taste

String and snap beans. Wash beans well and place in a 2-qt sauce pot. Add bacon drippings and salt. Cover the beans with water, bring to a boil, and reduce heat. Cover and simmer until beans are tender, about 2 hours. (If seasoning with country ham drippings, you may have enough salt from the meat without adding more.) Serves 4-5.