

Can-Do GREEN BEANS

Fajitas Primavera

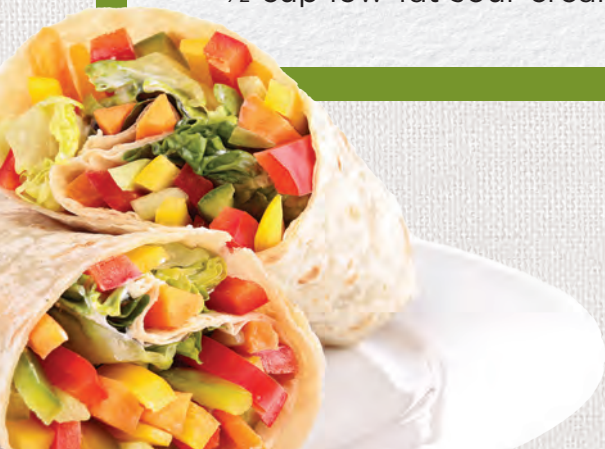
Servings: 6

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
- One 14.5-ounce can corn kernels, drained
- One 14.5-ounce red kidney beans, drained and rinsed
- One 4-ounce can mushroom pieces and stems, drained
- One 15-ounce can low-sodium green beans, drained
- 1 medium onion, halved and sliced
- One 14.5-ounce can 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. In a medium mixing bowl, mix 1 tablespoon oil, Worcestershire sauce, garlic powder, chili powder, oregano, cumin and pepper.
3. Add corn, kidney beans, mushrooms and green beans.
4. Toss gently until all vegetables are coated. Set aside for 10 minutes.
5. In a large skillet over high heat, heat the remaining one tablespoon oil 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
- Two 15-ounce cans green beans, drained
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions

1. Wash hands and surfaces.
2. In a large skillet, heat the oil. 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 4-5 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

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

Directions

1. Wash hands and surfaces.
2. In a large bowl, combine soups, cheese and chicken.
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 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
- One 14.5-ounce can low-sodium chicken broth
- 1 teaspoon minced garlic
- ¼ teaspoon ground oregano
- One 14.5-ounce can diced tomatoes, drained
- One 14.5-ounce can navy beans or chickpeas, drained and rinsed
- One 14.5-ounce can sliced carrots, drained
- One 15-ounce can low-sodium green beans, rinsed and drained
- One 4-ounce can sliced mushrooms, drained
- Salt and pepper, to taste
- Parmesan cheese (optional)

Directions

1. Wash hands and surfaces.
2. In a large saucepan over medium-high, heat oil.
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 4-5 minutes.
6. Serve with Parmesan cheese, if desired.
7. Enjoy! Refrigerate leftovers immediately.

