



Green Beans with Flair

Makes 4 servings | **Vegetables**

Ingredients

- 1 pound fresh or frozen, or 2 8-ounce cans of green beans
- 2 Tablespoons canola oil
- ½ cup onion, chopped
- ½ cup celery, diced
- 4 Tablespoons water
- ½ teaspoon sugar

Directions

1. Wash hands with warm, soapy water.
2. If using fresh green beans, wash and cut into 1-inch pieces.
3. Heat oil in skillet or electric skillet over medium heat.
4. Add onion and celery. Cook slightly.
5. Add green beans, water, and sugar to skillet.
6. Cover and cook on low for about 25 minutes or until beans are tender. Frozen and canned green beans may cook faster.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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