

Slow Cooker Fresh Green Beans

From the Kitchen of Deep South Dish

INGREDIENTS

- 2 pounds fresh green snap or pole beans, Kentucky runners or half runners if possible
- 4- 1/2 cups chicken stock/broth (or water with chicken base)
- 5 ounces fatback, salt pork (rinsed) or (6 slices) bacon, cubed, sliced or quartered
- 1 teaspoon freshly cracked black pepper, or to taste
- 1/4 teaspoon Cajun or Creole pepper, or to taste, optional
- 1 cup chopped Vidalia or other sweet onion
- 4 to 6 medium red potatoes, scrubbed but left whole
- 1 teaspoon salt, or to taste, only as needed
- 1 tablespoon unsalted butter or bacon fat, to finish, optional

INSTRUCTIONS

1. Trim ends off of beans and snap in half or thirds and rinse well.
2. Place into slow cooker with chicken stock/broth or water and base.
3. Add fatback, pepper and onion and give a stir.
4. Add potatoes to top of beans if using. Cover and cook on low until tender, about 7 to 8 hours, or to desired tenderness.
5. Remove potatoes and set aside to cube once cool enough to handle.
6. Taste and adjust beans for seasonings, adding salt only as needed.
7. Stir in the butter or bacon fat and add potatoes. Stir gently so as not to break up the potatoes.
8. Hold in slow cooker on warm until needed or transfer to serving dish along with some of the bean liquor.

NOTES

To avoid over-seasoning, don't add salt until you taste, as there is sodium present from other sources in the recipe and you may find you don't need much, if any. As in all appliances, different brands of slow cookers vary in how they cook. You may need more or less time with your appliance. If using a slow cooker with a sauté function, set it to sauté to preheat, place everything into the slow cooker and once hot, switch pot to normal slow cook. This helps to boost the heat level so you're not starting off with everything cold. I prefer cooking these on LOW. Cooking them on HIGH may take as little as 3 hours, or as much as 6 hours.

Instant Pot/Electronic Pressure Cooker: While the flavor is not as intense as slow stewed, these are still delicious. Rinse, trim and snap green beans in half or thirds; scrub and quarter the potatoes. Set the pot to sauté function to preheat. Place half of the green beans, salt pork, potatoes, pepper and onion in the pot. Repeat layers with remaining half of ingredients. Use stock or broth, or heat water and dissolve base in hot water; pour over. When contents are hot, cancel, seal with lid and set for a 4-minute manual cook. Quick release. Taste and adjust seasonings, adding salt only if needed. Gently toss.

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