

Dutch Green Beans

Adapted from: [MyPlate, USDA](https://myplate.usda.gov)

Description: Using canned green beans and other pantry items, this side dish is great when you don't have much time. Adding the onion at the end kicks up the flavor a bit.

Yield: 4 servings

Ingredients:

- 1 can green beans (15 ounces) or try 15 ounces of fresh or frozen green beans
- 1/4 cup brown sugar
- 1 teaspoon cornstarch
- 1/3 cup vinegar
- 1 onion (small, sliced)

Directions:

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

Nutrition Facts

4 Servings Per Recipe	Amount Per Serving
Serving Size	¼ of recipe (158 g)
Calories	92
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	266 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	16 g
Added Sugars	13 g
Protein	2 g

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