

## **Dutch Green Beans**

Adapted from: MyPlate, USDA

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	Og
Saturated Fat	Og
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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