

Creamed Green Beans and Potatoes

A quick and easy side-dish, perfect for your holiday meal or anytime.

Makes: 8 Servings
Prep Time: 10 minutes
Cook Time: 15 minutes

Source: FoodHero.org

Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons flour
- 1/4 teaspoon basil
- 1/4 teaspoon rosemary
- 1/4 teaspoon salt
- pepper to taste
- 1 cup 1% or non-fat milk
- 2 cups frozen green beans
- 2 cups cooked new potatoes (peeled and diced)
- 1/2 cup sliced mushrooms

Directions

1. Wash hands with soap and water.
2. Heat oil in a small saucepan; blend in flour.
3. Slowly add basil, rosemary, salt, pepper and milk.
4. Cook and stir constantly until thickened.
5. Add beans, potatoes, and mushrooms and heat through.
6. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	100
Total Fat:	4g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	130mg
Total Carbohydrates:	14g
Dietary Fiber:	2g
Total Sugars:	3g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Vegetable peeler
- Sharp knife
- Cutting board
- Small saucepan
- Measuring cups
- Measuring spoons
- Mixing spoon

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$8.81

Average cost/serving: \$1.10

Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 2 to cart
White potato (medium)



Add 1 to cart
Half gallon low-fat milk



Add 1 to cart
Frozen green beans (16 oz.)



Add 1 to cart
Mushrooms (10 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try adding other seasonings with the milk, such as oregano and garlic.
- No new potatoes? Use any cooked potatoes, cut into pieces.
- Try using other vegetables, such as frozen peas or asparagus cuts.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Green and White Bean Salad
 - Mushroom Stroganoff
 - Creamy Potato and Leek Soup