

# Creole Green Beans

Spice up your everyday dinners with this jazzy dish.

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

Source: [htcdph.ca.gov](http://htcdph.ca.gov)



Small Changes,  
 BIG Difference!

## Ingredients

- 2 teaspoons vegetable oil (or any kind of oil)
- 2 small cloves garlic, chopped (about 2 teaspoons)
- 1 (16-ounce) package frozen cut green beans
- 1 cup chopped red bell pepper (or any other color), about 1 pepper
- 1 cup chopped fresh tomatoes, about 1 1/2 tomatoes
- ½ cup chopped celery, about one celery stalk
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

## Directions

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more.



## Nutrition Information

| Serving Size: 1 cup  |        |
|----------------------|--------|
| Nutrients            | Amount |
| Calories:            | 35     |
| Total Fat:           | 1 g    |
| Saturated Fat:       | 0 g    |
| Cholesterol:         | 0 mg   |
| Sodium:              | 159 mg |
| Total Carbohydrates: | 6 g    |
| Dietary Fiber:       | 2 g    |
| Total Sugars:        | 0 g    |
| Added Sugars:        | 0 g    |
| Protein              | 1 g    |

## Utensils Needed

- Large Skillet
- Mixing Spoon
- Measuring Spoons
- Measuring Cups
- Cutting Board
- Knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$8.03

Average cost/serving: \$1.00

Recipe 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. Optional items can be added.

## Ingredients



Add 2 to Cart  
Frozen Green Beans (12oz. Bag)



Add 1 to Cart  
Fresh Garlic



Add 1 to Cart  
Fresh Celery Bunch



Add 1 to Cart  
Fresh Red Bell Pepper



Add 2 to Cart  
Fresh Tomato

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve while hot. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Tomatoes go nicely into salads or even in a fresh batch of salsa. Looking for ideas on how to use the rest of the tomatoes today? Check out [snapedny.org](http://snapedny.org) for more recipe inspiration!
- Celery is a great addition in any soup, stew, stir-fry or casserole. On our SNAP-Ed site, check out this scrumptious apple and chicken salad. Or browse around for many more ideas delicious and nutritious!