

Green Bean Sauté

Jazz up green beans with mushrooms, onions, and garlic in a quick and easy vegetable side dish.

Makes: 6 Servings

Source: U.S Department of Agriculture, SNAP-Ed Connection, [recipe/green bean sauté](#)



Small Changes,
BIG Difference!

Ingredients

- 1 cup onion (chopped)
- 1 cup mushrooms (slices)
- 1 teaspoon garlic (mince)
- 1 can green beans (16 ounce, drained, cut)

Directions

1. Spray skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Utensils Needed

- Skillet
- Measuring cups
- Spoon or spatula for sautéing
- Serving bowl or plate
- Silverware



Nutrition Information

Serving Size: 1/2 cup, 1/6 of recipe	
Nutrients	Amount
Calories:	32
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	175 mg
Total Carbohydrates:	6 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	34 mcg
Iron	1 mg
Potassium	153 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$3.50

Average cost/serving: \$0.58

Makes: 6 Servings

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

Grocery Checklist



Add 1 to Cart
Red Onion, 1 ct



Add 1 to Cart
Mushrooms, 4 oz can



Add 1 to Cart
Garlic, 1 clove



Add 1 to Cart
Green Beans, 14 to 16 oz can

My Cooking Notes
