

Dutch Green Beans

Ingredients:

- 1 can (15 ounces) green beans
- ½ cup bean liquid
- ¼ cup brown sugar
- 1 teaspoon cornstarch
- ⅓ cup vinegar
- 1 small onion, sliced

Preparation:

1. Drain the beans, and save the liquid from the can in a small bowl.
2. Pour ½ cup bean liquid into a saucepan.
3. Add the cornstarch to the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Using medium heat, bring mixture to a boil.
6. Turn the heat down to low, and add the green beans and onions.
7. Heat and serve.

Yields 4 servings

Nutritional Information Per Serving: 80 calories, 1g protein, 20g carbohydrate (1g fiber), 0g fat, 0mg cholesterol, 360mg sodium

Source: U.S. Department of Agriculture

