

# Louisiana Green Beans

## Ingredients:

- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ½ cup chopped celery
- 2 cans (16 ounce) drained green beans
- 1 can (15 ounce) tomatoes

## Preparation:

1. Peel and chop the onion.
2. Chop the green pepper and celery.
3. Drain the liquid from the green beans, and rinse with water.
4. Put the green beans in a saucepan. Add enough water to cover them.
5. Cook the green beans on low heat until tender, and then drain off the water.
6. Combine all the ingredients in a skillet.
7. Cook over medium heat for 15 minutes, until the celery is tender and the food is hot.

Yields 4 servings

Nutritional Information Per Serving: 50 calories, 3g protein, 12g carbohydrate (3g fiber), 0g fat, 0mg cholesterol, 650mg sodium

Source: U.S. Department of Agriculture



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