Can-Do GREEN BEANS

Fajitas Primavera

Servings: 6

Ingredients

- 2 tablespoons cooking oil, divided
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon ground black pepper
- 1 can (14.5 ounces) corn kernels, drained
- 1 can (14.5 ounces) red kidney beans, drained and rinsed
- 1 can (4 ounces) mushroom pieces and stems, drained
- 1 can (15 ounces) low-sodium green beans, drained
- 1 medium onion, halved and sliced
- 1 can (14.5 ounces) diced tomatoes
- 8 medium (8-inch) tortillas, warmed according to package directions
- 1 cup shredded cheddar cheese
- 1/2 cup low-fat sour cream, optional

Directions

- 1. Wash hands and surfaces.
- 2. Mix 1 tablespoon oil, Worcestershire sauce, garlic powder, chili powder, oregano, cumin and pepper in a medium mixing bowl.
- 3. Add corn, kidney beans, mushrooms and green beans.
- 4. Toss gently until all vegetables are coated. Set aside for 10 minutes.
- 5. Heat the remaining one tablespoon oil in a large skillet over high heat, until smoking.
- 6. Add onion and sauté until browned and tender, about 5 minutes.
- 7. Add corn-bean mixture and tomatoes; cook until steaming hot, about 4 minutes, stirring often.
- 8. Spoon ³/₄ cup vegetable filling into the center of each warm tortilla.
- 9. Top with 2 tablespoons shredded cheese, fold in one side and roll up.
- 10. Serve with sour cream, if desired.
- 11. Enjoy! Refrigerate leftovers immediately.



Southern Green Beans

Servings: 6

Ingredients

- 1 tablespoon vegetable oil
- ¹/₄ cup finely chopped onion
- ¼ cup chopped ham
- 2 cans (15 ounce each) green beans, drained
- 1/2 teaspoon salt
- ¹/₄ teaspoon pepper

Directions

- 1. Wash hands and surfaces.
- 2. Heat the oil in a large skillet. Add the onions and ham. Stir and cook for 2-3 minutes.
- 3. Add green beans and ¼ cup water to the skillet. Season with salt and pepper. Stir and cook for 4 to 5 minutes.
- 4. Refrigerate leftovers immediately.

Tips for cooking with green beans

- Reduce the sodium in canned green beans by rinsing them under cool running water before cooking them.
- You can use fresh, frozen, or canned green beans in any of these recipes. Fresh and frozen will need longer cooking time and the texture may be crisper.
- Fresh green beans are easy to prepare. Just rinse them under cool running water and trim off the ends.

Crunchy Noodle Bake

Servings: 8

Ingredients

- 1 can (10.75 ounces) cream of chicken soup
- 1 can (10.75 ounces) cheddar cheese soup
- 8 ounces shredded cheddar cheese
- 2 cans (10 ounces) chicken, drained and shredded
- 12-ounce package wide egg noodles, cooked
- 1 can (14.5 ounces) green beans, rinsed and drained
- 2 cups cornflakes, crushed
- 1/4 cup butter or margarine, melted

Directions

- 1. Wash hands and surfaces.
- 2. Combine soups, cheese and chicken in large bowl.
- 3. Fold in noodles and green beans.
- 4. Pour into a lightly greased 9-by-13-inch baking dish.
- 5. Mix together cornflakes and margarine; sprinkle over top.
- 6. Bake at 350 degrees F for 30 minutes or until cornflakes are crispy and golden and cheese is melted.
- 7. Enjoy! Refrigerate leftovers immediately.

Cooking tips

- Frozen green beans can be used instead of canned.
- Add any other vegetables you like such as carrots, corn, peas, or spinach.

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10-Minute Stroni

Servings: 8

Ingredients

- 1 tablespoon cooking oil
- 1 medium onion, diced
- 1 can (14.5 ounces) low-sodium chicken broth
- 1 teaspoon minced garlic
- ¼ teaspoon ground oregano
- 1 can (14.5 ounces) diced tomatoes, drained
- 1 can (14.5 ounces) navy beans or chickpeas, drained and rinsed
- 1 can (14.5 ounces) sliced carrots, drained
- 1 can (15 ounces) low-sodium green beans, rinsed and drained
- 1 can (4 ounces) sliced mushrooms, drained
- Salt and pepper, to taste
- Parmesan cheese (optional)

Directions

- 1. Wash hands and surfaces.
- 2. Heat oil in a large saucepan over medium-high heat.
- 3. Add onion and sauté until transparent, about 2 minutes.
- 4. Add broth, garlic and oregano; bring to a boil.
- 5. Add tomatoes, navy beans or chickpeas, carrots, green beans, mushrooms, salt and pepper; simmer 4 to 5 minutes.
- 6. Serve with Parmesan cheese, if desired.
- 7. Enjoy! Refrigerate leftovers immediately.



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