



Recipes Using Canned Green Beans



Green Bean Chicken Casserole



Tater Tot Green Bean Casserole



Green Bean Lemon Chicken Pasta



Sweet and Sour Green Beans



Green Bean Casserole/Muffins



Three Bean Salad

Recipes Using Canned Green Beans



Sweet and Sour Green Beans

You will need:

2 (15 oz.) cans green beans, juices reserved 3 slices bacon, chopped 1 cup chopped onion
1 tbsp. flour $\frac{1}{4}$ cup apple cider vinegar 2 tbsp. white sugar 1 tsp. salt $\frac{1}{4}$ tsp. pepper

Instructions:

- Cook bacon in a medium skillet over medium-high heat, stirring occasionally until well-browned.
- Remove bacon and cut into small pieces. Return bacon pieces to the skillet.
- Add onion and cook until translucent. Stir in flour and cook an additional 2 minutes more.
- Pour vinegar and $\frac{3}{4}$ cup of reserved green bean juice into skillet. Add sugar, salt, and pepper.
- Stir to combine. Bring to a boil, reduce to a simmer, and stir in green beans.
- Continue cooking at a low simmer until beans are hot.

Green Bean Casserole/Muffins

You will need:

2 (15 oz.) cans green beans, drained 1 (10.5 oz.) can condensed cream of mushroom soup
 $\frac{1}{4}$ cup milk 1 container (2.8 oz.) French-fried onions

Instructions:

- Preheat oven to 350 degrees F. Mix beans, soup, and milk in a 1-1/2-quart glass casserole dish.
- Bake 20 - 25 minutes until bubbly. Top with onions last 5 minutes of baking time.

Other Ideas:

- Add an additional dash of garlic, Worcestershire sauce, and/or celery salt as a flavor booster.
- Use cream of celery or cream of chicken soup instead of cream of mushroom soup.
- Add 1 cup shredded cheddar cheese. Sprinkle with crumbled cooked bacon or toasted sliced almonds.
- Top with lots of sliced green onions right before serving.

Instructions for Making Muffins Instead of Casserole:

- Spray 16 (2 - 1/2 inch) muffin-pan cups with cooking spray.
- Line each muffin cup with jumbo buttermilk biscuit dough rolled into 4-inch circles.
- Divide the green bean mixture among the biscuit cups. Bake for 20 minutes until cups are brown.
- Sprinkle cups with shredded cheddar cheese and French-fried onions.
- Bake additional 5 minutes or until cheese is melted.
- Let muffins cool in the pans on wire racks for 5 minutes.

Three Bean Salad

You will need:

1 (15 oz.) can green beans, drained	1 (15 oz.) can wax beans, drained	$\frac{3}{4}$ cup white sugar
1 (15 oz.) can kidney beans, drained, rinsed	1 onion, sliced into thin rings	$\frac{1}{3}$ cup vegetable oil
$\frac{2}{3}$ cup distilled vinegar	$\frac{1}{2}$ tsp. each salt and pepper	$\frac{1}{2}$ tsp. celery salt, optional

Instructions:

- Drain green and wax beans. Drain and rinse kidney beans. Add all beans to a mixing bowl.
- Add onion, sugar, vinegar, oil, salt, pepper and celery salt. Mix all ingredients together.
- Let set in refrigerator for at least 12 hours.

Tater Tot Green Bean Casserole

You will need:

1 (15 oz.) can green beans, drained	1 lb. ground beef	1 small onion, chopped
1 (10.5 oz.) can condensed cream of mushroom soup	4 oz. shredded sharp cheddar cheese	salt and pepper
1 (32 oz.) package frozen tater tots	$\frac{1}{4}$ cup milk	

Instructions:

- Preheat oven to 375 degrees F. Coat glass casserole dish with cooking spray.
- Brown and drain ground beef and onions. Return mixture to pan.
- Mix in 1 can cream of mushroom soup, 1 can of drained green beans, milk, salt, and pepper.
- Evenly spread mixture in the bottom of the casserole dish. Sprinkle cheese on top.
- Arrange tater tots on top of cheese. Bake for 25 - 30 min. until tater tots are browned well.

Green Bean Lemon Chicken Pasta

You will need:

1 (15 oz.) can green beans, drained	4 boneless skinless chicken breasts	8 ounces uncooked pasta
2 whole garlic cloves, peeled	1 lb. chopped tomatoes	$\frac{1}{4}$ cup grated Parmesan
$\frac{1}{2}$ cup fresh basil leaves, sliced	1 lemon, zested and juiced	$\frac{1}{2}$ tsp salt, $\frac{1}{4}$ tsp. pepper
4 oz. fresh mozzarella, cubed	$\frac{3}{4}$ cup plus 2 tsp. olive oil	olive oil for garnish

Instructions:

- Bring a large pot of salted water to a boil. Add pasta and garlic cloves and cook until pasta is al dente.
- Drain the pasta but do not rinse. Remove and save the garlic cloves.
- Place hot pasta and green beans in a large bowl. Add the chopped tomatoes and basil. Toss to combine.
- Lightly brush the chicken breasts with olive oil, salt, and pepper. Grill chicken until juices are clear.
- Whisk together lemon juice, lemon zest, salt, and pepper. Add the cooked, mashed garlic cloves.
- Whisk in the olive oil and pour over the cooked pasta and chicken.
- Add the mozzarella cubes and toss to combine. Divide among 4 bowls and sprinkle with the Parmesan.

Green Bean Chicken Casserole

You will need:

1 (15 oz.) can green beans, drained	1 (10.75 oz.) condensed cream of chicken soup	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ cup butter or margarine	1 (6 oz.) box herb-seasoned stuffing crumbs	
4 boneless skinless chicken breasts (about 1-1/4 lb.) cut into 1-inch-wide strips		

Instructions:

- Preheat oven to 350 degrees F. Lightly spray 11x17-inch glass baking dish with cooking spray.
- In a small bowl, mix soup and milk until well blended. In another bowl, mix stuffing crumbs and butter.
- In the baking dish, layer in this order: chicken, green beans, soup mixture, and stuffing mixture.
- Bake uncovered 45 minutes or until chicken is no longer pink in the middle and mixture is bubbly hot.