

Recipes Using Canned Green Beans



Neighbors, Inc., South St. Paul, MN 55075

Green Bean Dip

You will need:

1 (14.5 oz.) can of green beans, drained	8 oz. package cream cheese, softened	1 $\frac{1}{2}$ tsp. milk
2 green onions, white & green parts, chopped	$\frac{1}{2}$ tsp. garlic salt	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. dried basil or tarragon	2 tsp. dried dill weed	pepper to taste
2 tsp. white wine vinegar or lemon juice sauce	2 tsp. Worcestershire sauce	1 tsp. Tabasco

Instructions:

- Place drained green beans and milk in a blender or food processor. Blend until smooth.
- Add cream cheese, green onions, and all other ingredients.
- Blend until onions are finely chopped and all ingredients are thoroughly combined.
- Use a rubber spatula at intervals to push ingredients down to blades. Chill.
- Serve with fresh cut up vegetables, potato chips, or crackers. Add more seasonings if desired.

Green Bean Chicken Pasta

You will need:

1 (14.5 oz.) can of green beans	4 boneless skinless chicken breasts	8 oz. uncooked pasta
2 whole garlic cloves, peeled	2 chopped tomatoes or 1 (14.5 oz.) can of diced tomatoes, drained	1 lemon, zested and juiced
$\frac{1}{4}$ cup grated Parmesan cheese	$\frac{1}{4}$ tsp. dried basil or $\frac{1}{2}$ cup fresh basil	$\frac{1}{4}$ cup plus 2 tsp. olive oil
$\frac{1}{2}$ tsp. salt & $\frac{1}{2}$ tsp. pepper	4 oz. cubed or shredded mozzarella	
olive oil for garnish	additional salt & pepper	

Instructions:

- Bring a large pot of salted water to a boil. Add pasta and garlic cloves. Cook until pasta is al dente.
- Drain the pasta but do not rinse. Remove and save garlic cloves. Chop fresh basil leaves.
- Place hot pasta and green beans in a large bowl. Add chopped tomatoes and basil. Toss to combine.
- Lightly brush the chicken breasts with olive oil, salt, and pepper. Saute 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 cheese and toss to combine. Sprinkle with Parmesan cheese.
- May also be served as a cold salad.

Green Bean Side Dish

You will need:

1 (14.5 oz.) can of green beans 3 slices of thick cut bacon, chopped into pieces 1 tsp. white sugar
1/3 cup finely diced sweet onion 1 clove of garlic, minced; optional salt & pepper to taste

Instructions:

- In a large saucepan, add cut up bacon pieces. Cook on medium heat until just browned, but not crisp.
- Add green beans with their liquid, onion, and sugar. Stir. Bring to a boil and then turn down to simmer.
- Allow beans to simmer 35 - 40 minutes. Do not stir.
- Take off heat and add salt and pepper to taste. Do not drain liquid. Serve with a slotted spoon.

Green Bean Tater Tot Casserole

You will need:

2 (14.5 oz.) cans of green beans 1 (10.75 oz.) can condensed cream of mushroom soup
1 lb. ground beef 1 small onion, chopped 4 oz. shredded sharp cheddar cheese
1 (32 oz.) package frozen tater tots $\frac{1}{4}$ cup milk salt and pepper to taste

Instructions:

- Preheat oven to 375 degrees F. Coat glass baking dish with cooking spray.
- In a frying pan, brown ground beef and onions. Drain mixture. Return mixture to frying 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 minutes or until tater tots are well browned.

Green Bean Lemon Cake

You will need:

1 (14.5 oz.) can of green beans 1 $\frac{1}{2}$ cups water $\frac{1}{2}$ cup sugar
1 (15.25 oz.) boxed lemon cake mix 3 eggs 1 cup water $\frac{1}{2}$ cup oil 2 tsp. lemon juice

Instructions:

- Preheat oven to 350 degrees F. Coat bottom of 13 x 9 - inch cake pan with cooking spray and flour.
- Drain green beans. In a baking dish, dissolve sugar in 1 $\frac{1}{2}$ cups of water. Place beans in sugar water.
- Bake in oven for 1 hour. Remove from oven & drain beans. Cut beans into very small pieces.
- Set cut up beans aside and allow to cool.
- Prepare lemon cake mix according to package instructions.
- Add lemon juice and the green beans that have been cut up and cooled. Pour mixture into the cake pan.
- Bake 34 - 38 minutes or until toothpick comes out clean. Frost when cake is cooled.

Green Bean Spice Cake

You will need:

1 $\frac{1}{4}$ cup flour 1/3 cup nonfat dry milk powder 1 tsp. baking soda
1 tsp. cinnamon $\frac{1}{2}$ tsp. nutmeg $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. salt $\frac{1}{2}$ cup honey
1 egg $\frac{1}{2}$ cup vegetable oil $\frac{1}{2}$ cup applesauce
 $\frac{3}{4}$ cup chopped walnuts $\frac{1}{2}$ cup raisins 1 (14.5 oz.) can of green beans

Instructions:

- Stir together first 7 ingredients in a mixing bowl until evenly mixed.
- Place egg, oil, applesauce, honey, and beans in a blender. Blend until smooth.
- Pour over all dry ingredients; mix well. Stir in nuts and raisins.
- Bake in oven for 25 - 30 minutes. Frost with topping of choice when cooled.