

How to Use Canned Green Beans

Stir fry

Sauté drained beans in a fry pan with a small amount of oil. Add garlic, onions, and seasonings for extra flavor.

Pasta salad

Toss drained beans with fresh tomatoes, parmesan, a small amount of salad dressing, and cooked pasta.

Pizza topping

Get creative with your pizza! Top with cut drained green beans, sliced potatoes, cheese, and pesto.

Egg scramble

Add drained beans to an egg scramble with garlic, onions, and seasonings to taste.



Green Bean Chicken Stir-Fry

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Ingredients

- 1/4 cup water
- 1/4 cup low-sodium soy sauce
- 1 tablespoon tomato paste
- 2 teaspoon balsamic vinegar
- 2 teaspoon sugar
- 1/2 teaspoon ground ginger
- 1/4 to 1/2 teaspoon red pepper flakes
- 1 teaspoon cornstarch
- 2 cans chicken, drained
- 4 cups canned or frozen green beans
- 4 cloves garlic (1 tablespoon minced)
- 3 cups cook quinoa or brown rice, for serving

Directions

Combine water, soy sauce, tomato paste, vinegar, sugar, ginger, red pepper flakes and cornstarch in a small bowl; set aside. Heat 1/2 tablespoon oil in a large skillet over medium-high heat. Add chicken, green beans and garlic. Cook and stir for 1 minute. Stir sauce and add to skillet. Cook and stir until sauce thickens, about 1 minute. Serve over cooked quinoa or brown rice.

Extension

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