

# 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

## 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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