

SOUTHERN GREEN BEANS AND POTATOES

Ingredients

Serves 7 people

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| 1 Tablespoon oil | 1 teaspoon garlic powder |
| 1 (15 oz) can green beans, rinsed and drained | 1 teaspoon smoked paprika |
| 1 (15 oz) can potatoes, rinsed and drained | 1/8 teaspoon cayenne pepper |
| 1 teaspoon onion powder | Salt and pepper to taste |



Directions

1. In a large saucepan, add oil, green beans, potatoes, and seasonings. Stir to combine.
2. Cook over medium-high heat for 5-7 minutes or until food is hot.
3. Salt and pepper to taste and enjoy!

Nutritional Value

70 Calories	2g Protein
2g Fat	5mg Sodium
12g Carbohydrates	

Marion County Public Health Department
NUTRITION SERVICES

