



Green Beans and Tomatoes

Prep Time: 10 minutes

Cook Time: 7 minutes

What you need:

Utensils:

- Knife & cutting board
- Small pot or skillet
- Can opener
- Mixing spoon

Ingredients:

- ½ small onion, chopped
- 1 tablespoon of margarine
- 1 15 ounce can unsalted green beans, drained
- 1 16 ounce can chopped tomatoes

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and chop onion.
4. Cook onion in margarine over medium heat for about 2 minutes.
5. Add tomatoes and beans. Cook for about 5 minutes or until heated.
6. Serve.



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Nutrition Facts

Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 2g	
Vitamin A 20%	Vitamin C 20%
Calcium 6%	Iron 10%
Fat 9 • Carbohy	