



## Canned Green Beans

Vegetables are an important source of vitamins and minerals. Canned green beans are a good source of vitamin C, vitamin K, vitamin A and manganese.

### Nutrition Information

Green beans are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid, 1 cup of green beans counts as 1 cup of vegetables from the vegetable group.

A typical person should try to eat 2½ cups of vegetables every day.



### Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

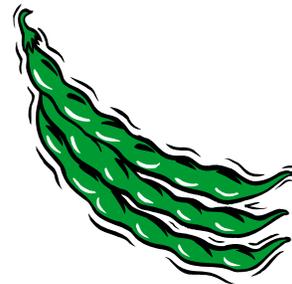
Store opened green beans in a tightly covered plastic container in the refrigerator.

**Use within 2 to 4 days!**

**Do not use canned beans if can is rusted, bulging, or dented!  
Throw it away!**

### Uses

- ✓ Serve canned green beans heated, or use in a variety of main dishes, soups, casseroles and salads.



Know how. Know **now**.



# Recipes and Tips

Canned green beans should be heated only to serving temperature and served soon after heating. Do not boil or overcook.  
Add flavor to canned green beans by seasoning with herbs and spices, including caraway, dill or sage.

## Classic Green Bean Casserole

8 servings

$\frac{3}{4}$ c. low-fat milk	2 (15 oz.) cans green beans, drained
1 (10 $\frac{3}{4}$ oz.) can cream of mushroom soup	1 c. French-fried onions

1. Preheat oven to 350°F. Grease a 1½ -quart baking dish. Set aside.
2. In a large bowl, combine milk, cream of mushroom soup, and green beans. Mix well.
3. Pour into prepared baking dish and bake for 20 minutes.
4. Sprinkle with French-fried onions and bake 5 more minutes.

**Nutrition Information per Serving:** Calories 110, Total Fat 7 g (10% DV), Saturated Fat 2 g (9% DV), Cholesterol 0 mg (0% DV), Sodium 600 mg (25% DV), Total Carbohydrate 12 g (4% DV), Dietary Fiber 2 g (9% DV), Sugars 3 g, Protein 3 g, Vitamin A 10%, Vitamin C 10%, Calcium 6%, Iron 6%.

## Chicken or Turkey Vegetable Soup

12 servings

6 c. chicken broth, homemade or low sodium	2 c. green beans, canned, frozen or fresh
1 c. potatoes, cubed	2 c. cooked chicken or turkey, chopped
1 c. carrots, chopped	$\frac{1}{4}$ tsp. salt (optional)
1 c. onion, chopped	$\frac{1}{8}$ tsp. pepper

1. In a large saucepan, stir together broth, potatoes, carrots, onion, green beans, and chicken or turkey. Bring to a boil.
2. Cover, reduce heat, and simmer for 30 minutes or until vegetables are tender.
3. Season with salt and pepper.

**Nutrition Information per Serving:** Calories 80, Total Fat 2.5 g (4% DV), Saturated Fat 1 g (4% DV), Cholesterol 20 mg (6% DV), Sodium 180 mg (8% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 1 g (6% DV), Sugars 2 g, Protein 9 g, Vitamin A 30%, Vitamin C 8%, Calcium 2%, Iron 4%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>