



Green Beans with Smoked Bacon and Onions



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

- 1 lbs Food Club frozen cut green beans
- 2 slices thick-cut smoked bacon, cut into 1-inch wide pieces
- ½ medium onion, cut into 1-inch pieces
- ½ tsp salt

NUTRITIONALS

Nutritional analysis per serving:
 calories 60, calories from fat 15,
 total fat 1.5g, saturated fat 0g,
 trans fat 0g, cholesterol 5mg,
 sodium 370mg, total carbohydrate
 9g, dietary fiber 3g, sugars 4g,
 protein 3g, vitamin A 10%, vitamin
 C 20%, calcium 6%, iron 6%

DIRECTIONS:

1. Cook beans on stove-top or in microwave oven according to package directions, only to crisp tender. Drain on a towel.
2. Add bacon to a large skillet over medium-high heat and cook until golden brown and lightly crisp. Set aside to drain on a paper towel.
3. Drain all but 1 tablespoon of the bacon fat from skillet. Add onion pieces and salt. Reduce heat to medium, and cook until onions are softened and browned, about 4 to 5 minutes.
4. Add beans and bacon; toss to completely coat with the fat and heat until warmed throughout. Serve immediately.

Source: adapted from Country Living magazine, April 2008

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Shopping List

PRODUCE:

- ½ medium onion

MEAT/POULTRY/SEAFOOD:

- 2 slices thick-cut smoked bacon

SPICES/SEASONINGS:

- Salt

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Frozen cut green beans