

[Louisiana green beans](#)



Recipe credit

Adapted from the United States Department of Agriculture's [Louisiana Green Beans](#)

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

10 minutes preparation; 25 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1/4 cup onion, chopped
- 1/4 cup green pepper, chopped
- 1/2 cup celery, chopped
- 2 16-ounce cans green beans, drained
- 1 15-ounce can chopped tomatoes

Directions

1. Drain the liquid from the green beans. Rinse with water.
2. Put the green beans in a saucepan. Add enough water to cover them.
3. Cook the green beans on low heat until heated thoroughly. Then drain off the water.
4. Combine all ingredients in a skillet.
5. Cook over medium heat for 15 minutes, until the onion and celery are tender and the food is hot.

Tips and variations

- Use low-sodium canned green beans and tomatoes to lower the sodium.
- To add more Louisiana-style flavor, add 1 teaspoon of your favorite Cajun seasoning or hot sauce to taste.
- Turn this into a complete meal by adding 1 cup of cooked, chopped ham or smoked sausage into the skillet with the other ingredients. Serve the mixture over brown rice.

Nutritional info

Calories

70

Total fat

1 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

580 mg

Total carbohydrates

13 g

Dietary fiber

6 g

Protein

3 g

Total sugar

5 g

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