



Creamed Green Beans

Yield - 96 ¼cup servings

Ingredients

2 #10 cans Cut Green Beans
1 ¼qts. Nonfat Dry Milk
1 cup Butter
2 cups Flour
2 Tbsp. Salt
1 tsp. White Pepper
½cup Parsley, minced

How to Prepare

1. Drain beans, saving liquid. Reconstitute milk with bean liquid.
2. Melt butter, blend in flour, salt and pepper, and add reconstituted milk. Cook over low heat 8 to 10 minutes to remove raw starch flavor. Add flavor.
3. Combine sauce and beans in serving pan. Heat thoroughly. Serve hot.

*****Nutritional Information Per Serving*****

Calories = 58	Saturated Fat = 1.24g	Dietary Fiber = 0.93g	Vitamin C = 2.67mg
Carbohydrate = 7.15g	Cholesterol = 6mg	Protein = 3.11g	Calcium = 97.58mg
Total fat = 2.05g	Sodium = 290mg	Vitamin A = 45RE	Iron = 1.05mg

Recipe provided by Blue Lake Green Bean Recipes

