



# Green Beans

Also known as string beans however modern variety do not have the string which was once their trademark. Picked while still immature and the inner bean is just beginning to form. One of a few beans that are eaten fresh.

**Store:** Refrigerate unwashed beans in plastic bag for 7-10 days. May be frozen for long term storage. Blanch in boiling water for two minutes, rinse in cold water to stop cooking process and pack into an airtight container to freeze.

**Prepare:** Wash right before using. Cut or snap off both ends of the bean right before cooking. Beans retain more nutrients if cooked uncut.

**Serve:** Steam or simmer in boiling water for 5-10 minutes. Beans should brighten and become tender, not soft or mushy. Use in stir-frys, casseroles, soups or alone.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



# Green Beans

Also known as string beans however modern variety do not have the string which was once their trademark. Picked while still immature and the inner bean is just beginning to form. One of a few beans that are eaten fresh.

**Store:** Refrigerate unwashed beans in plastic bag for 7-10 days. May be frozen for long term storage. Blanch in boiling water for two minutes, rinse in cold water to stop cooking process and pack into an airtight container to freeze.

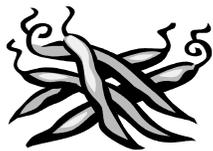
**Prepare:** Wash right before using. Cut or snap off both ends of the bean right before cooking. Beans retain more nutrients if cooked uncut.

**Serve:** Steam or simmer in boiling water for 5-10 minutes. Beans should brighten and become tender, not soft or mushy. Use in stir-frys, casseroles, soups or alone.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.





# Green Bean Recipe

## Green Beans

### Ingredients:

1 lb. fresh green beans  
(snap ends and break in half)  
1 lg. sweet onion, sliced  
2-3 cloves garlic, minced  
½ stick butter  
¼ c. water  
1 tbsp. sweet basil

### Directions:

Sauté onions and garlic in ¼ stick butter.  
Add green beans and remaining butter.  
Add water. Reduce heat to low. Add basil.  
Simmer until green beans are tender. Add more  
water or butter, if needed. Salt and pepper to  
taste.

enjoy!

Source:  
<http://www.cooks.com/rec/doc/0.1750.157188-249198.00.html>



# Green Bean Recipe

## Green Beans

### Ingredients:

1 lb. fresh green beans  
(snap ends and break in half)  
1 large sweet onion, sliced  
2-3 cloves garlic, minced  
½ stick butter  
¼ cup water  
1 tbsp. sweet basil

### Directions:

Sauté onions and garlic in ¼ stick butter.  
Add green beans and remaining butter.  
Add water. Reduce heat to low. Add basil.  
Simmer until green beans are tender. Add more  
water or butter, if needed. Salt and pepper to  
taste.

enjoy!

Source:  
<http://www.cooks.com/rec/doc/0.1750.157188-249198.00.html>

