

STEWED CANNED GREEN BEANS

Ingredients

1. 1 can Green Beans (16 oz.)
2. 1 tsp. Sugar
3. 1 tblsp. Olive Oil
4. 1 tsp. Dried Chopped Onion
5. Sprinkle Canned Banana Peppers

Instructions

1. Open can and pour beans along with the liquid into a pot.
2. Sprinkle sugar over the beans.
3. Pour the olive oil over the beans.
4. Sprinkle the dried onions over the beans.
5. Sprinkle the banana peppers over the beans.
6. Put the lid on the pot and place over medium heat.
7. Boil the beans until almost all of the liquid has boiled down in the pot. Doing this preserves all of the nutrients that are in the beans. Never drain the liquid from the beans before cooking, this loses nutrients. Never stir green beans, this only tears the beans.