



Green Beans in Sauce

Prep Time : 5 mins

Cook Time : 20 mins

Servings : 1 Large Bowl

INGREDIENTS

- 1 Onion fresh or frozen
- Green beans
- 1 sweet red pepper
- Baby corn (tinned – optional)
- Salt
- Paprika
- Chicken Consommé
- Oil

DIRECTIONS

1. Slice the onion and sauté in a little oil
2. Add in the fresh or frozen green beans
3. If you wish, add sliced peppers and baby corn slices
4. Add in water to just cover the green beans
5. Add in paprika, consommé powder and salt
6. Let it boil for 30 minutes or when the green beans feel soft (not mushy)
7. Put on a lower flame as need be until fully cooked

A healthy side to compliment your main dish, the green beans in sauce is reliable, tasty and healthy!