

Cooked with a Kick Green Beans

What You'll Need

1 garlic clove, crushed
1 tablespoon olive oil
4 cups canned, chopped tomatoes, (2 16-ounce cans)
1 cup water

1/4 teaspoon red pepper flakes (optional)
1 pound green beans, stems removed

Serves 4

Let's Cook!

- 1 In a large pan, heat olive oil on medium heat and cook crushed garlic until it browns lightly, about 1-2 minutes.
- 2 Stir in tomatoes, water and red pepper flakes. Bring to a boil and add beans.
- 3 Cover with a lid and cook on low heat for 30 to 40 minutes, stirring occasionally, until beans are soft.

Nutrition Facts

Serving Size (360g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 30
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% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 5g	
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Vitamin A 15%	Vitamin C 30%
Calcium 4%	Iron 6%

