

GREEN BEANS AND SAUTEED MUSHROOMS

INGREDIENTS

- ¾ lb green beans
- 1 Tbsp butter or margarin
- 1 clove garlic, minced (or 1/8 tsp garlic powder)
- ½ tsp dried basil
- ¼ tsp dried rosemary
- 8 mushrooms, sliced
- Dash of hot sauce (optional)

DIRECTIONS

Step 1

Wash and trim green beans.

Step 2

In a saucepan or boiling water, cook beans for 6 to 8 minutes or until tender-crisp. Drain.

Step 3

In a small saucepan, melt butter. Add garlic, basil, rosemary, mushrooms, and hot sauce (optional). Cook over medium heat for 3-5 minutes or until mushrooms are tender.

Step 4

Put green beans on a serving dish. Pour mushroom mixture over and toss to mix.

From the book: (2011). The Basic Shelf Cookbook. Ottawa, ON: Canadian Public Health Association.

SHOPPING LIST

Green beans

Butter or margarin

Garlic

Dried basil

Dried rosemary

mushrooms