

## Green beans with tomatoes and basil



Recipe credit

Adapted from the United States Department of Agriculture's Green Beans with Tomatoes and Basil

### **About this recipe**

Serves

6

Serving size

1/6 of prepared recipe

Time to make

15 minutes preparation; 20 minutes cook time

Special criteria

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# Ingredients

- 1 pound fresh green beans, snapped
- 1 tablespoon oil
- 1 small onion, finely chopped
- 1 14-ounce can chopped tomatoes, drained
- 1 tablespoon fresh or 1/2 teaspoon dried basil
- 1 1/2 teaspoon dried parsley
- Optional: Salt and pepper to taste

# Directions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil, and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper to taste.

# Tips and variations

- Substitute 1 tablespoon fresh herbs for the 1/2 teaspoon dried herbs, if you have them on hand.
- If you don't have a full pound of green beans, add other fresh vegetables. Parboil hard vegetables (carrots, broccoli, etc.) until they are crisp.
- To boost the flavor, add 1 clove chopped garlic when you saute the onions. Add 1/4 cup chopped black or green olives when you add the beans.

# Nutritional info

Calories

59

Total fat

3 g  
Saturated fat  
0 g  
Sodium  
8 mg  
Total carbohydrates  
9 g  
Dietary fiber  
3 g  
Protein  
2 g  
Total sugar  
3 g

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