



OKRA AND GREEN BEANS

SERVINGS: 50 CALORIES: 50 KCAL

This recipe will give children a chance to try a vegetable they may be unfamiliar with. Okra and Green Beans with seasoned tomato sauce makes a delicious side dish.

INGREDIENTS

4 pounds 2 ounces Okra Fresh, washed, uncut
4 pounds 2 ounces Beans, green Fresh, washed
1 quart Water
1 pound 9 ounces Paste, tomato Canned
1/4 cup Oil, olive
4 Onions Medium-size, diced
8 cloves Garlic Crushed then chopped
2 teaspoons Salt
2 teaspoons Pepper, ground, black

INSTRUCTIONS

1. Trim washed okra stems but do not remove caps. Rinse well and drain.
2. Wash beans and cut into 3-inch lengths.
3. Combine water, tomato paste, olive oil, onions, garlic, salt and pepper in a saucepan and mix well. Heat, stirring frequently, until mixture comes to a boil.
4. Add okra and beans and additional water, if necessary, to almost cover vegetables. Cook just until okra and green beans are tender.

RECIPE NOTES

Hold at 140° F or higher.

Serving Size: 1/2 cup

Crediting: 1/2 cup other vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 50 kcal | Fat: 1.2 g | Saturated fat: 0.2 g | Sodium: 142 mg | Carbohydrates: 9.2 g | Fiber: 3.5 g | Protein: 2.5 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.