Creamy Green Beans and Potatoes

Servings 8 | Prep time 30 mins. | Total time 50 mins.

Equipment:
Large Saucepan

Utensils:
Mixing Spoon
Measuring Cups and Spoons

Ingredients

2 cups frozen green beans
2 tablespoons olive oil OR vegetable oil
1 tablespoon corn starch
1/4 teaspoon dried basil
1/4 teaspoon dried rosemary
1/4 teaspoon salt
1/8 teaspoon black pepper
1 cup low-fat milk
1/2 cup mushrooms, sliced
2 cups small potatoes, roasted and quartered

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Cook frozen green beans according to package directions. Set aside.
3. Heat oil in a large saucepan on medium heat, stir in corn starch until evenly blended for three to four minutes.
4. Slowly add basil, rosemary, salt, pepper, milk, and mushrooms stirring constantly until mixture has thickened, about five minutes.
5. Add green beans and potatoes and stir until heated through, and mushrooms have fully cooked.

Nutritional Information:

Calories 90 Total Fat 4g Sodium 90mg Total Carbs 11g Protein 2g

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