

Mustard Beans

Margery Paul

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

1 cup sugar

1/2 cup prepared mustard

*1/2 teaspoon dried minced
onion*

1/4 teaspoon salt

*1 can (16 ounce) yellow
wax beans*

In a three-quart saucepan, combine the sugar, mustard, onion and salt. Bring to a boil, stirring until the sugar dissolves. Add the beans.

Simmer for 5 minutes. Let stand until cool.

Spoon into a serving dish.

Chill, covered, overnight.

Serve cold.

Per Serving (excluding unknown items): 216 Calories; 1g Fat (5.3% calories from fat); 1g Protein; 52g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 509mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 3 1/2 Other Carbohydrates.