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# Country-Style Green Beans

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 6

**1 bag (16 ounce) frozen or fresh green beans**  
**3/4 cup ham or bacon, cut up**  
**1 tablespoon instant diced onions**  
**1 tablespoon bacon fat**  
**2 1/2 teaspoons salt**  
**6 to 8 small potatoes (optional), washed and unpeeled**

In a large saucepan, cover the beans with water. Add the other ingredients. Cover with a lid and boil for 10 minutes. Remove the lid and simmer for two hours or until the water is cooked down to about one to two inches. Remove from the heat, cover with a lid and let sit for two hours to blend the flavors.

Before serving, cook for another 15 minutes. (It's best to let the beans cook until most of the liquid is gone. Don't let them cook dry and burn.)

(If using new potatoes, the peelings may be left on and cooked whole with the beans.)

## Side Dishes

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*Per Serving (excluding unknown items): 20 Calories; 2g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 2mg Cholesterol; 900mg Sodium. Exchanges: 1/2 Fat.*