

Green Beans and Tomatoes

Ree Drumond - "A Pioneer Woman Cooks"
Dash Magazine - November 2013

Servings: 12

8 slices thick-cut bacon, cut into one-inch pieces
1 large onion, diced
2 pounds green beans, trimmed
2 cans (14.5 ounce ea) whole tomatoes
Kosher salt
freshly ground black pepper
1/4 to 1/2 teaspoon cayenne pepper

Preparation Time: 20 minutes

Put the bacon in a large pot over medium heat and cook for a couple of minutes, until the fat starts to render. Add the onion and stir. Let the onion cook with the bacon for another 3 minutes. Drain off most of the fat.

Add the green beans and pour in the tomatoes (juice and all). Season with salt, black pepper and cayenne. Stir gently to combine. Put the lid on the pot, reduce the heat to low, and simmer for 45 minutes to one hour or until the beans are tender, stirring occasionally.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 29 Calories; trace Fat (4.6% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	29	Vitamin B6 (mg):	.1mg
% Calories from Fat:	4.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	77.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	29mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	7g		

Food Exchanges

Dietary Fiber (g): 3g
 Protein (g): 2g
 Sodium (mg): 6mg
 Potassium (mg): 201mg
 Calcium (mg): 28mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 15mg
 Vitamin A (i.u.): 618IU
 Vitamin A (r.e.): 62RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 29 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	3g	11%
Protein	2g	

Vitamin A	12%
Vitamin C	26%
Calcium	3%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.