

Farm Potatoes & Green Beans

My mother grew up on the farm and they often had “new” potatoes and green beans. She often made them for us growing up, but she added *lots* of bacon, plus the bacon grease! The next morning, the bowl of leftovers in the refrigerator had an inch of lard on top! There is no need for the fat for this simple combo. We often eat this as a meal or even as a snack when we want something warm. It makes a great side dish with a veggie burger or lentil sloppy joe. So good! So simple. Super low fat, good fiber and nutrients. Keep this in the refrigerator, ready to heat up. Made too much? Throw it in some soup!

Ingredients:

- Fresh green beans, trimmed
- New potatoes or small or fingerling potatoes, or russets, red or gold potatoes cut into large bite-sized cubes
- Optional: Salt & Pepper, or other dry seasonings as desired

Instructions:

Boil the potatoes until about halfway done, and add green beans to finish, or boil them separately; potatoes until just fork tender, and green beans until al dente and combine.

Variations:

- Add cannellini beans to add fiber and make a hearty entrée.
- Spoon pico de gallo over the hot potatoes and green beans
- Drizzle with any fat-free salad dressing, or a little balsamic vinegar
- Mix some hummus and a little non-dairy milk together and drizzle

