

## Tomato Basil Green Beans



### Ingredients:

- 1 pound green beans, ends trimmed
- 1 tablespoon canola oil
- 1 small onion, diced
- 1-14 ounce can diced tomatoes, drained
- 1/2 teaspoon dried basil
- 1/2 teaspoon parsley

### Directions:

1. Cook green beans in a saucepan of boiling water for 5 minutes.
2. Drain and rinse under cold water. Set aside.
3. In a large frying pan, heat canola oil over medium heat.
4. Add onion. Cook 2-3 minutes until softened.
5. Add tomatoes, parsley, and basil. Cook 3 minutes.
6. Stir in green beans and cook 5-6 minutes.

Makes 6 servings.



**Tarrant County Public Health**  
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