

HARVEST OF THE MONTH
 NEWSLETTER 03/2022

MARCH

Green Beans
FUN FACTS

- “Green” beans can actually be green, yellow, purple, or speckled in these colors.
- Green beans may grow as bush beans or pole beans. Pole beans are climbers; they need a trellis or pole to hold up the plant

NUTRITION INFO

One cup of green beans has 35 calories and provides manganese, folate, and vitamins C & K.


Three Sisters Soup

Serves 5

Ingredients:

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| ▪ ¼ pounds squash or sweet potatoes | ▪ ½ tsp. cumin |
| ▪ 2 Tbsp. olive oil | ▪ ½ tsp. dried thyme |
| ▪ 1 ½ cup onions, chopped | ▪ ½ tsp. black pepper |
| ▪ ½ cup celery, chopped | ▪ 1 cup corn, fresh or frozen |
| ▪ ¼ cup carrots, chopped | ▪ ½ cup green beans, trimmed and chopped |
| ▪ 1 ½ tsp. garlic, minced | ▪ 1 ¼ cup Great Northern Beans, drained and rinsed |
| ▪ 1 ½ cup low-sodium chicken broth | ▪ ¼ cup low-sodium salsa |
| ▪ 1 tsp. salt | |
| ▪ ½ tsp. coriander | |

Directions:

If using squash, trim, peel, quarter and seed. Cut squash/sweet potatoes into ½-inch cubes. Heat oil in a large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring for 1 minute more. Add broth, squash/sweet potatoes, salt, coriander, cumin, thyme and pepper. Bring to a slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30-45 minutes. Add corn, green beans, Great Northern beans, salsa and remaining salt. Return to a simmer and cook until green beans are tender, about 5 minutes.

Per Serving (3/4 cup): 134 calories, 2g fat, .2g saturated fat, 7g protein, 24g carbohydrate, 5g fiber, 344mg sodium

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