
Green Beans with Tomatillo Salsa

Adapted slightly from a Phillis Carey cooking class, 2015



Tomatillo Salsa & Green Beans

- 2 pounds green beans, haricot verts or regular ones cut into bite-sized pieces**
- 1 tablespoon salt**
- 2 tablespoons vegetable oil**
- 1/2 medium red onion, sliced**
- 8 ounces Herdez tomatillo verde, jarred tomatillo sauce**
- 1/2 teaspoon ground cumin**
- 2 tablespoons fresh cilantro, chopped, plus some for garnish**
- 2 teaspoons lime juice**
- 3 tablespoons sour cream, optional**

Per Serving (excluding unknown items): 87 Calories; 5g Fat (48.1% calories from fat); 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 1022mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Bring a large stockpot full of water to a boil. Add salt, then add green beans. Simmer until beans are just BARELY done (you'll cook them a minute more later). Drain and plunge into a bowl of ice water to stop the cooking. Once cool, drain and dry. The green beans may be cooked up to 2 days ahead and stored in the refrigerator.
2. In a large skillet warm the oil, then add the sliced onion. Stir occasionally and cook over medium to low heat until the onion is completely limp. Add the jarred tomatillo verde sauce, ground cumin, lime juice and some of the cilantro. Bring to a simmer. Taste for seasonings - if the mixture seems too tart, add a couple of pinches of sugar. Add sour cream, continuing to heat, but do not boil. Add the green beans and warm them through until they're hot. Pour out onto a platter and garnish with additional cilantro.