

# Green Beans and New Potatoes

**Cook time:** 20 minutes

**Makes:** 6 servings

## Ingredients

**16 ounces** frozen green beans  
**8** potatoes (small, washed, peeled, and halved)  
**1** onion (medium, chopped)  
**1/4 teaspoon** salt

## Directions

1. Add all ingredients to a large stock pot and cover with water.
2. Bring to a boil and reduce to medium heat.
3. Cook until green beans and potatoes are tender.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>170</b>	
Total Fat	0 g	0%
Protein	4 g	
Carbohydrates	40 g	13%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	105 mg	4%