

to Fruits and Vegetables

## This hearty and healthy dish will keep you warm all winter long!





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### Ingredients:

- 4 potatoes, cut into chunks
- 1 sliced onion
- 1 cup chicken broth
- 1/4 teaspoon garlic powder
- Dash of black pepper
- 1<sup>3</sup>/<sub>4</sub> cup cooked green beans
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice (or yellow mustard)

- 1. In a medium pot, add potatoes, onion, chicken broth, garlic powder, and pepper.
- 2. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes or until potatoes are tender.
- 3. Add green beans, stir gently.
- 4. Heat on low for 5 minutes, or until green beans are heated through.
- Remove from heat. Drizzle vegetable oil and lemon juice (or mustard) on top, and serve with a slotted spoon.
- 6. Refrigerate leftovers.



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