

HOPE IN THE GOOD LIFE HAM, GREEN BEANS, & POTATOES



MAKES: 4 SERVINGS | PREP TIME: 10 MIN | COOKING TIME: 25 MIN
This delicious recipe is perfect comfort food! Ham, canned green beans, and potatoes are cooked to create a hearty one pot meal.

INGREDIENTS

- 1 tsp. olive oil
- 1 large onion
- 3 garlic cloves
- 1 pound potatoes
- 2 cans green beans
- 2-3 cups chicken broth (or water)
- 2 cups diced ham
- 1 pinch black pepper

DIRECTIONS

- Warm up oil in a large pot over medium heat.
- Add peeled and diced onion to the pot and saute for a few minutes until the onion is soft and translucent.
- Add finely diced garlic and saute for another minute.
- Add diced potatoes and chicken broth (or water) to the pot. Bring the liquid to a boil over high heat, then reduce it to a simmer over medium heat until softened, about 10 minutes. Add additional broth/water if you'd like more in the dish.
- Add drained green beans and ham and cook another 10 minutes, until the potatoes are soft enough to easily pierce with a fork. Stir occasionally.
- Add black pepper to taste. Serve immediately.

NOTES

- Adjust the amount of broth used to suit your preference. More broth will make the dish more like soup.
- Feel free to add more seasoning. Dried herbs, a bay leaf, or a pinch of cayenne pepper would be great additions.
- You can also add extra vegetables. Try adding diced carrots, peas, cabbage, broccoli, or kale. Drained & rinsed canned beans are also a great addition.

Recipe & photo inspired by : hintofhealthy.com/ham-green-beans-and-potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 340

% Daily Value *

Total Fat 13 g 20 %

Saturated Fat 5 g 23 %

Monounsaturated Fat 6 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 62 mg 21 %

Sodium 1435 mg 60 %

Potassium 969 mg 28 %

Total Carbohydrate 30 g 10 %

Dietary Fiber 7 g 26 %

Sugars 5 g

Protein 23 g 46 %

Vitamin A 7 %

Vitamin C 47 %

Calcium 14 %

Iron 20 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



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