

Creamy Green Beans and Mushrooms

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-green-beans-indian-recipe>

Ingredients:

- 1 pound green beans fresh or frozen, cut into 1-inch pieces, if fresh, remove ends, if frozen get pre-cut
- 1 pound mushrooms cremini, button, shiitake, thickly sliced
- salt
- 1/2 cup onions chopped
- 2 tablespoons butter
- 1/2 cup sour cream
- ground black pepper Freshly
- 2 tablespoons chopped parsley freshly, for garnish, optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 180 milligrams
9. Sugar: 5 grams

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