

Swishy Swedish Beans

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/scallions-and-beans-swedish-recipe>

Ingredients:

- 2 tablespoons minced garlic
- 1 tablespoon oil Veggie
- 1 cup diced onion
- 1 cup diced celery
- 1 tablespoon butter
- 1 cup milk
- 1/4 cup flour
- 2 cups stock Veggie
- 2 cups bean

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 180 milligrams
9. Sugar: 7 grams

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