

Slow Cooker Southern Style Green Beans

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-green-beans-crock-pot-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion diced
- 2 cloves garlic minced
- 1 tablespoon basil freshly chopped
- 1 teaspoon black pepper
- 2 pounds green beans fresh or frozen snap, rinsed and strings removed
- 1 medium potato peeled, diced
- 3 cups vegetable broth or chicken broth, low-sodium, fat-free
- sea salt or Kosher, to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 30 grams
3. Fat: 7 grams
4. Fiber: 9 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 920 milligrams
8. Sugar: 10 grams

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