

Southern Green Beans with Smoked Turkey

Yield: 6 min
Total Time: 290 min

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

Ingredients:

- 1 pound frozen green beans
- 1 pound turkey leg smoked, or wing
- 8 cups water
- 2 teaspoons minced garlic
- 1 onion small, chopped
- 14 ounces stewed tomatoes can of
- 1/2 teaspoon freshly ground black pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 60 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 240 milligrams
9. Sugar: 5 grams

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