

## Recipe:

### *Low-Fat Beans*

Fresh Green Beans

2 pkg. Goya Ham seasoning

3 or 4 chicken bouillon cubes

3 or 4 beef bouillon cubes

1 cup cooking white wine

1 T. Garlic powder

1 T. Onion powder

dash of red pepper

Healthy Choice link sausage or lean port tenderloin (cubed)  
(optional)

Fill 4 qt. boiler 3/4 full of fresh snapped green beans. Add other ingredients and cover with water. Cook until tender. Will have to add more water as beans cook. If using canned beans, cooking time will decrease.

