

Sweet Italian Green Beans

INGREDIENTS:

1 Tablespoon vegetable or olive oil
½ cup onions, chopped
2 cloves garlic, chopped
2 (15 oz.) cans green beans, drained
1 (14.5 oz.) can Italian –style diced tomatoes or ½ cup spaghetti sauce
½ teaspoon Italian seasoning
1 Tablespoon sugar (optional)
Salt and pepper to taste

DIRECTIONS:

1. Heat oil in a 12 inch skillet over medium heat. Add the onions; cook and stir until softened. Add garlic and cook for about 30 seconds more.
2. Add tomatoes or sauce, Italian seasoning and sugar. Cook and stir occasionally until sauce is thickened, about 15 minutes. Season with salt and pepper.
3. Add green beans and cook until heated through.

Makes 6 servings; ¾ cup each