



Sauted Green Beans

2 tablespoons red palm oil
4 cups fresh green beans
½ medium onion, sliced
1 cup mushrooms, sliced
salt and pepper to taste

Heat oil in skillet. Sauté green beans and onions until vegetables are tender. Add mushrooms, salt, and pepper and cook uncovered, stirring occasionally, until mushrooms are done. Serve with pan drippings.

Compliments of Bruce Fife, N.D.