

Creamed Beans and Onions

Lois Hilton - a TASTE recipe

Ingredients

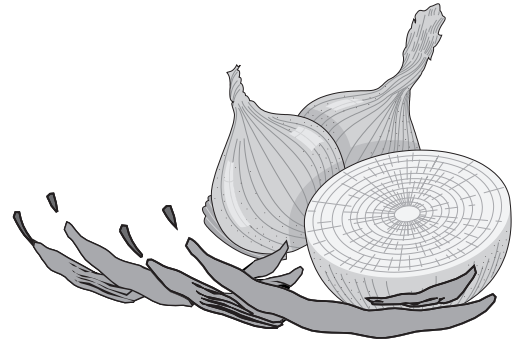
Snap green beans and/or wax beans, enough for 4 to 6 servings

2 medium onions, chopped

3 tablespoons butter

3 tablespoons flour

1 cup of milk



Directions

Sauté the onions in butter until they are transparent.

Mix in the flour with the onions until the flour is absorbed.

Stir in the milk, heat slowly, and stir constantly until sauce thickens, and then boil for one minute to remove the floury taste.

In the meantime, steam the beans until they are tender.

Add the steamed beans to the onion sauce, salt to taste, and serve.