



CHANGE ONE MEAL! May, 2017

FRESH GREEN BEAN and BACON BUNDLES



Ingredients:

¾ to 1 lb. fresh green beans
12 strips bacon, cut in half to make 24 short strips
1/3 C. brown sugar, packed
3 T. butter, melted
2 T. low-sodium soy sauce

Instructions:

Preheat oven to 350 degrees.

In 4 qt. saucepan, bring 3 C. water to a boil. Place fresh green beans in water and cook about 6 – 7 minutes, just until tender-crisp. Drain and remove from pan by placing on paper towel on a plate. While water is boiling, cook bacon in skillet for about 8 minutes, until it just begins to brown. Remove from heat and pat dry on paper towel to remove excess fat.

Wrap 3 – 4 green beans in a bacon strip. Secure bacon with a toothpick. Place bacon bundles on lightly greased baking sheet.

Melt butter in a 2-cup measuring cup in the microwave. Stir in brown sugar and soy sauce. If mixture is too thick, add just a little extra soy sauce or add just a little water. Spoon sauce mixture over each bacon bundle.

Bake at 350 degrees for 8 minutes or until bacon is browned. Serve immediately.

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