

SOUTHERN HOSPITALITY GOES GREEN

It won't be long before our gardens will be ready with fresh green beans to harvest. If you're Southern, then you know that there is only one way to cook up a delicious pot of green beans. Why cook green beans any other way than with Southern Hospitality! So... how do they do it? With Ham Base, of course (and don't forget the onions)!

Ham base is a concentrated ham stock that is low in fat, low in calories, low in carbohydrates and high in protein. There are many other uses for ham base besides green beans. Added to any veggies when cooking, it makes them taste like they have been cooked with ham hocks. You can also use it in soups or any recipe that could benefit from a boost of ham flavor.

For those of you who aren't familiar with green beans cooked with ham base, here is the recipe:

Southern Style Green Beans

3 slices bacon chopped
¼ cup diced onion
½ cup water
2 lbs. fresh green beans
1 tsp. salt
1 tsp. sugar
½ Tbs. ham base
1 cup water

In the bottom of the pot, cook up the bacon and onion. Add the ½ cup water and fresh green beans and cook on medium high heat for about 5 minutes. Add the remaining ingredients, mix together, and cook till tender.

At Grandma's Pantry, we keep our ham base well-stocked. We also carry beef base and chicken base. These bases are great additions for flavorful veggies, soups, and sauces. You can find them and other great products for your cooking and baking needs right here at www.GrandmasPantryVa.com .

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (I Cor. 10:31)