DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: MAKENZIE CRAFT				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☒ Side Dishes	☐ Healthy Desserts
COUNTY	UPSHUR			
AGE DIVISION	☐ Junior	☒ Intermediate	☐ Senior	

Name of Recipe: Roasted Green Beans and Mushrooms		
Prep Time: 15 minutes	**Cook Time:** 20 minutes	**Cost:** $7.56

Type Recipe Here:

Roasted Green Beans and Mushrooms

Ingredients

3 Cups geen beans

1 chopped, large yellow onion

8 ounces sliced mushrooms

3 diced garlic cloves

2 teaspoons kosher salt

1 teaspoon black pepper

2 tablespoons balsamic vinegar

2 tablespoons extra virgin olive oil

Instructions

Preheat oven to 400*F

Toss green beans, chopped onion, sliced mushrooms, diced garlic, kosher salt, pepper, balsmic vinegar and olive oil in a large bowel untill well coated.

Place in a 8" x 10" oven safe dish and roast in the oven for 20 minutes. Stir at 10 minutes to avoid burning.

Remove from oven, place in serving dish.

Makes 4 servings.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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