

SPANISH GREEN BEANS

4 T. butter
2 T. whole wheat flour
3 c. tomato juice
2 pounds cooked green beans, drained (can use frozen)
2 c. grated Swiss or Cheddar cheese
1 onion, finely chopped
2 green peppers, seeded and finely chopped
Salt
2 c. buttered whole wheat bread crumbs

1. Preheat the oven to 275 degrees.
2. Melt the butter and stir in the flour. Gradually blend in the tomato juice. Bring to a boil, stirring, and cook until thickened.
3. Combine the beans, cheese, onion, green pepper, and salt to taste and mix well. Pour into an oiled baking dish. Pour the tomato mixture over all.
4. Sprinkle with crumbs and bake for 25 minutes.