



learn cook eat

Garlic Green Beans

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René Rich

Serves: 2 as a side dish

EQUIPMENT NEEDED

Measuring spoons

Medium non-stick skillet

SHOPPING LIST/PREP LIST

1 tablespoon vegetable oil

½ pound haricot verts (French green beans), ends trimmed, washed and dried

2 tablespoons minced garlic

Salt and pepper to taste

PREPARATION STEPS

STEP	INGREDIENTS	DIRECTIONS
1	1 tablespoon vegetable oil	Heat in a non-stick skillet over medium heat until just shimmering.
2	Green beans	Add to skillet, stirring frequently, until crisp and tender, about 3 minutes. Some beans should be brown.
3	Garlic	Add to green beans, stirring constantly until fragrant, about 2 minutes. Don't burn the garlic!
4	Salt and pepper	Add to beans to meet your taste. Remove from pan getting as much of the garlic as you can.
5	Garlic Green Beans	Serve and enjoy!

OPTIONS

If you can't find haricot verts use regular green beans and cook 2 minutes longer in step 2.

Add some finely chopped red pepper with the green beans to add color and flavor.

For a kick, add a pinch of red pepper flakes with the garlic.

SERVING SUGGESTIONS

Goes great with pork, chicken, or beef.