

# Chinese Garlic Green Beans

Stir-fry tender green beans in a sweet and savory sauce.



Yield: 4 servings

## Ingredients



½ lb  
green beans



2 Tbsp  
water



1 clove  
garlic



1 ½ tsp  
honey



1 ½ tsp  
soy sauce



1 Tbsp  
sesame oil

## Tools



cutting board



knife



large microwave-  
safe bowl



measuring  
spoons



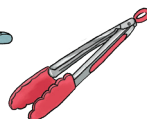
microwave-safe  
plate



small bowl



skillet



tongs



mixing spoon

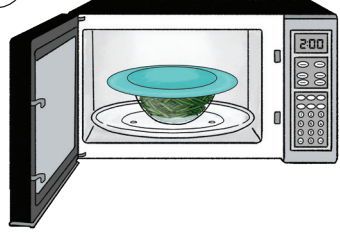
## Steps

1



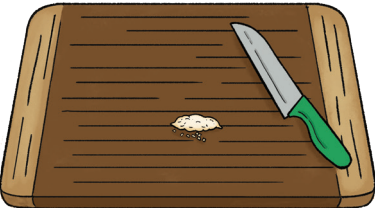
Trim green beans by cutting or tearing off the ends.

2



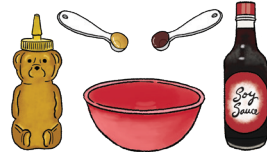
Add green beans and water to large bowl. Cover with a plate. Microwave until tender, 2 minutes.

3



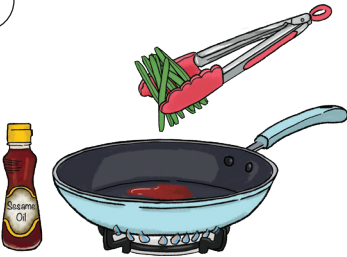
Smash and peel garlic. Finely mince and add to small bowl.

4



Add honey and soy sauce to garlic. Stir.

5



Heat sesame oil in skillet over high heat. Add green beans with tongs. Cook until blistered, stirring occasionally, about 5 minutes.

6



Add garlic mixture. Cook 30 seconds, stirring frequently.  
TASTE & SHARE!