



Asian Inspired Sauteed Green Beans & Onions

2-3 servings

INGREDIENTS

- 10 ounces fresh green beans, washed & drained
- 1 medium onion
- 1 Tbsp olive oil
- 1 tsp. granulated garlic
- 2 tsp. Hoisin sauce
- 1 tsp. tamari/soy sauce
- Red pepper flakes, pinch
- Salt & pepper to taste

DIRECTIONS

1. Snap or cut the ends off the green beans.
2. Cut onion in half & peel. Slice into 1/4 inch thick strips.
3. Add 1/2 cup water to a sauté pan and bring to a boil over medium-high heat, add green beans in an even layer and cover. Steam for 2-3 minutes. Remove green beans and set aside, discard any remaining water and return pan to heat.
4. Add olive oil, onions, garlic & red pepper flakes to pan & sauté until slightly brown, return green beans to pan. Add hoisin sauce and tamari. Mix ingredients well, add a teaspoon of water/stock if needed to loosen sauce. Reduce heat to medium-low and cover. Cook 2-3 minutes until bean are tender but not limp.
5. Adjust seasoning and serve hot.



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