

FRESH GREEN BEANS & GARLIC RECIPE

From your garden to the table. I am a firm believer that fresh is best. I developed this recipe to take advantage of our garden veggies.

It really shows off the full flavor of the green beans.

INGREDIENTS

- 2 tablespoons canola oil
- 2 tablespoons butter
- 4 garlic cloves, sliced
- 2 pounds fresh green beans
- 1 cup reduced-sodium chicken broth
- 1/2 teaspoon salt

DIRECTIONS

- In a Dutch oven, heat oil and butter over medium-high heat. Add garlic; cook and stir 45-60 seconds or until golden.

Using a slotted spoon, remove garlic from pan; reserve. Add green beans to pan; cook and stir 4-5 minutes or until crisp-tender.

- Stir in broth, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, 8-10 minutes or just until beans are tender and broth is almost evaporated, stirring occasionally. Stir in reserved garlic.
- Yield: 8 servings