

Garlicky Green Beans



The
PlantBased
PRINCESS
Treating your body like royalty

Prep Time: 10 minutes | Total Time: 10 minutes | Cost \$

Ingredients

1 pound green beans, cleaned
4 garlic cloves, sliced
1 tbsp extra virgin olive oil
1/2 tsp Himalayan sea salt
1/4 tsp black pepper
1/4 cup water

Directions

1. Heat oil in a large saucepan over medium heat and add sliced garlic. Cook until garlic turns light brown, then add green beans.
2. Toss green beans with garlic and oil, then add salt and pepper.
3. Add water then cover for 4 minutes and allow to steam.
4. Remove from heat and serve warm.

Tools: Large saucepan

Skill level: Easy

Notes: I recommend using fresh green beans; although frozen will do just fine.