



GREEN BEAN STIR FRY

NUTRITION PER SERVING:

CALORIES	59
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	2 G

PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 1/4 OF ENTIRE RECIPE

INGREDIENTS:

1 TSP SESAME OIL

1 LB GREEN BEANS, TRIMMED AND CUT INTO 1-INCH PIECES

PINCH OF CRUSHED RED PEPPER, OR TO TASTE

½ C WATER

1 14 OZ. CAN MIXED STIR-FRY VEGETABLES, RINSED,

OR 1½ C FROZEN MIXED STIR-FRY VEGETABLES, THAWED

1 TBSP BLACK BEAN-GARLIC SAUCE

Note: Pungent and savory black bean-garlic sauce is the secret ingredient in this ultra-quick stir-fry.

- 01 Heat oil in a large skillet over medium-high heat. Add green beans and crushed red pepper and cook, stirring often, until seared in spots, 2 to 3 minutes.
- 02 Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.
- 03 Uncover, increase heat to medium-high, add stir-fry vegetables and black bean-garlic sauce. Cook, stirring often, until heated through and most of the liquid has evaporated, 1 to 2 minutes.

