

Living Local Recipe #33

Sautéed French Beans

by Robert L. Hall, CCP



- 1 pkg "Steam-in-the-Bag" French Beans
- 2 TBLS Butter
- 1 TBLS Garlic, minced
- 1 TBLS Brown Sugar
- Salt & Pepper to taste

Allow the French beans to thaw. Preheat a skillet over medium-high heat. Melt the butter; sweat the garlic. Sautee the French beans in the garlic and butter until thoroughly heated, but still crisp. Sprinkle the brown sugar and stir until dissolved. Season with salt & pepper and serve immediately.