

Asian-Style Garlic Green Beans

You will need

Makes 4-6 servings

1.5 lb. fresh, stringless green beans, washed & trimmed

1-2 tbsp. minced garlic

1/4 cup low sodium soy sauce

2 tbsp. olive oil or butter

Pepper to taste

Red pepper flakes to taste

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Directions:

1. Spray foil tin or other grill-safe or oven-safe dish with non-stick spray. Add green beans.
2. Mix in garlic, pepper, soy sauce, & desired red pepper flakes. Drizzle with olive or add butter.
3. Cover and cook on grill or in oven at 350-400°F for 20-30 min (or until desired tenderness).



Time to Table:
25-35 min