

Cleveland County Kitchen
April, 2016
Food of the Month – Green Beans
Chef Tommy Greene
Chef's Recipe



Garlic Green Beans

Ingredients

4 lbs. fresh green beans (washed, strung, trimmed)
3 C low-sodium chicken broth
2 Tbs Extra Virgin Olive Oil
4 Cloves Garlic, crushed
1/2 tsp sea salt
1/2 tsp freshly ground black pepper

Directions

- 1) Wash green beans thoroughly and snap off stem ends, break into 1/2 inch pieces.
- 2) Blanch in boiling water for 2 minutes. Drain and place immediately into a bowl of ice water to quick chill. Drain again.
- 3) Place 3 cups low-sodium chicken broth, 2 tablespoons olive oil, and crushed garlic cloves in large pot or skillet over medium heat. Heat about 1 minute to season broth.
- 4) Add blanched green beans to seasoned broth. Cook about 8 minutes or to desired tenderness.
- 5) When cooked, season with salt and pepper to taste and serve.

Yield: 12 - 1 cup servings

Made Available by:

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