



Turn To Green Beans For A Side

Ingredients:

- 1 pound green beans
- 2 teaspoons olive oil
- 1 red pepper, cut into strips
- 1 yellow pepper, cut into strips
- 1/2 tsp red pepper flakes
- 1 clove of finely chopped garlic
- 1 tsp sesame oil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/2 tsp onion powder

Directions:

Begin by slicing the beans in easy to manage pieces and then bring a large saucepan with a small amount of water inside to a boil. Drop the green beans into the pan and proceed to cook until desired tenderness is reached; up to three minutes.

Drain the water from the beans and then drop into cold water to prevent them from cooking further while you continue on with the recipe.

Next, in another saucepan lightly fry the peppers over medium heat in the olive oil. Once they are slightly softened, add the green beans to the mix along with the red pepper flakes, garlic, sesame oil, salt, pepper, and onion powder. Serve immediately once the spices have been distributed evenly.