

Dad's Pan-Fried Green Beans

allrecipes.com

Rated: ★★★★★

Submitted By: Pam and Corey

Prep Time: 10
Minutes

Cook Time: 10
Minutes

Ready In: 20
Minutes

Servings: 6

"Once upon a time, Dad received a similar recipe with a bundle of fresh green beans. He made the recipe once and then lost the card. After many attempts to recreate that flavor, he declares that this, his own recipe, is even better!"

INGREDIENTS:

1 pound fresh green beans, trimmed	1 teaspoon white sugar
3 tablespoons light soy sauce	2 tablespoons sesame oil
1 tablespoon balsamic vinegar	2 teaspoons minced garlic

DIRECTIONS:

1. Place the green beans in a large saucepan or pot with one inch of water. You may place them in a steamer insert if you have one. Bring to a boil, cover and cook for 5 minutes, they should still be firm and bright green.
2. In a small bowl, stir together the soy sauce, balsamic vinegar and sugar; set aside.
3. Heat the sesame oil in a large skillet over medium heat. Add garlic and cook until starting to brown. Add the green beans and stir to coat with the oil. Stir in the soy sauce mixture and simmer for a couple of minutes uncovered to reduce the sauce. Transfer the beans to a serving dish and pour the sauce over them.

ALL RIGHTS RESERVED © 2013 Allrecipes.com

Printed from Allrecipes.com 4/21/2013



Save
Time on
Dinner

Makes planning
easy.

-- Angela Sackett



Try Menu
Planner