

## Sesame Green Beans

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Rated: ★★★★★

Submitted By:  
SPRUCETREE18

Prep Time: 5  
Minutes

Cook Time: 25  
Minutes

Ready In: 30  
Minutes

Servings: 4

"Fresh green beans are sauteed with sesame seeds and olive oil, then gently simmered with chicken broth."

### INGREDIENTS:

1 tablespoon olive oil	1/4 cup chicken broth
1 tablespoon sesame seeds	1/4 teaspoon salt
1 pound fresh green beans, cut into 2 inch pieces	freshly ground black pepper to taste

### DIRECTIONS:

1. Heat oil in a large skillet or wok over medium heat. Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.
2. Pour in chicken broth, salt and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

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