

**Asian Green Beans**

Servings: 8

Prep Time: 30 minutes (if buying untrimmed beans, 10 minutes if buying pre-cut beans)

Cook Time: 40 minutes

Total Time: 1 hr 15 minutes (45 minutes if buying pre-cut beans)

Equipment Needed: Wok OR large flat non-skillet pan, knife, measuring utensils, bowl, whisk

Ingredients:

2 pounds Green Beans, trimmed

½ cup Water

1 Tablespoon Sesame Oil

1 Tablespoon Garlic, thinly sliced

1 cup Soy Sauce OR Liquid Aminos OR Coconut Aminos

1 Tablespoon Worcestershire Sauce, vegetarian (no anchovies in it)

1 Tablespoon Cane Sugar

½ teaspoon Crushed Red Pepper Flakes (optional)

1 Tablespoon Cornstarch

¼ cup Water

¼ teaspoon Sesame Seeds (optional)

Directions:

1. To a wok OR skillet add the oil and heat on Medium High heat.

2. Add the Green Beans and stir fry them for 5 minutes. Add ¼ cup water and cook covered for 30 minutes.

3. Meanwhile mix the Soy Sauce OR Coconut Aminos, Worcestorshire Sauce, Cane Sugar, Crushed Red Pepper Flakes and blend well – set aside. Add the Cornstarch – it should turn light brown and whisk briskly until Cornstarch dissolved.

4. After 30 minutes have passed, add in the Garlic and stir, about 30 seconds to 1 minute.

4. Whisk the Sauces slowly into the wok to coat the Green Beans.

5. Garnish with sesame seeds if desired.