

Garden Green Beans

2 LB. FRESH GREEN BEANS

WATER

1 1/2 TSP. SALT

1/2 TSP. BLACK PEPPER

1/4 CUP COOKING OIL

1 1/2 TBSP. GRANULATED SUGAR

2 TSP. CHICKEN BOUILLON GRANULES

Strip ends off green beans and snap into 1” sections. Place in bowl. Pop beans out of larger pods that seem too tough to cook. Put these beans with green beans. Wash beans and add to a nonstick pot. Cover with water. Add salt, pepper, oil, bouillon, and sugar. Bring to a boil and cook on medium heat. When water is almost gone, the beans will begin to sizzle. At this point you must stay in kitchen to watch them closely. The oil and sugar will then begin to caramelize in bottom of pot. You will notice the sides of pot becoming brown. Once this begins, take beans, and rub them on sides of pot that has glazing. The juice from the beans will deglaze the pot. Take them off the heat after they have formed a good glaze and you begin to smell it. Put about 1/2 cup water in pot and continue deglazing so caramelization is in beans and not on pot. Smash them a little breaking them apart if desired.

“The key to the right flavor is not how long you cook them; it is the oil and sugar caramelizing. This happens when all liquid has left beans allowing it to sit on bottom of pot and caramelize. It is also deglazing the pot and getting that flavor into your beans.” -Tammy