

Granny Green Beans

3 14.5 OZ CANS OF GREEN BEANS (DO NOT DRAIN)

1/8 CUP COOKING OIL

1 TBSP. GRANULATED SUGAR

**OPTION: 1 1/2 TSP. OF SUGAR FOR LESS OF A
SWEET TASTE AND IT IS STILL GOOD**

Add beans with juices to a medium saucepan. Add oil and sugar.

Bring to a boil and boil until there is No Water in the bottom of the pot. When the water is almost gone the beans will begin to sizzle and you need to stay in kitchen during last stage.

The oil and sugar will then begin to caramelize in the bottom of the stock pot and form brown edges. Once this begins take them off element before they burn, but make sure and leave them on as long as you can. Smash them a little breaking them apart some. Put about 1/2 cup water in and deglaze the pot so the caramelization is in the beans not on the pot.

Note: No salt, pepper or water needed. These take about 30 minutes cook.

“The key to the right flavor is not how long you cook them; it is the oil and sugar and cooking down with no water to caramelize.” ...Tammy