

Chinese Style Green Beans

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Ingredients

1 lb. fresh green beans
1-2 teaspoon oil
1 teaspoon peeled, minced ginger root or 1/2 tsp. ground ginger
1 clove garlic, mined
1 tablespoon soy sauce
1/2 teaspoon brown sugar
2 teaspoon cornstarch
1/2 cup water

Directions

Wash beans; trim ends and remove strings. Boil beans for 5 minutes. Drain and plunge into cold water; drain again.

Coat a large nonstick skillet or wok with cooking spray and add oil. Place over medium-high heat.

Add ginger and garlic and sauté 30 seconds.

Add beans and other ingredients, except water and cornstarch.

Turn beans often to coat.

Combine cornstarch in water and add to beans, stirring often.

Cook until beans are well coated, but still snap tender, not soft cooked.