

Chinese Green Bean Stir-Fry

Prep Time: 20 minutes

Cook Time: 15 minutes

Ready In: 35 minutes

Serves: four

Ingredients

- *1 tablespoon and 1-3/4 teaspoons vegetable oil*
- *1-1/4 pounds fresh green beans, trimmed*
- *1-1/2 teaspoons minced garlic*
- *1-1/2 teaspoons minced fresh ginger root*
- *1/2 teaspoon kosher salt*
- *1/4 teaspoon coarsely ground black pepper*
- *1 (8 ounce) bottle black bean sauce*

Directions

In a large wok, heat oil over medium-high heat. Stir in green beans; cook, stirring frequently, for 1 to 2 minutes. Stir in garlic and ginger; cook, stirring frequently, for 3 to 4 minutes. Season with salt and pepper, and then stir in black bean sauce. Continue cooking until green beans are tender.

Nutritional Information: Amount per Serving Calories: 107 | Total Fat: 6.2g | Cholesterol: 0mg