

Harlan's Green Beans.

1 1/2 to 2 lbs of fresh green beans
3 Tablespoons Olive Oil
1/4 teaspoon ground pepper
1 tablespoon of GFCE soy sauce
2 Cloves of Garlic minced

Heat olive oil a little higher than medium until hot.

Add about two cloves of fresh garlic or minced garlic.

Add fresh ground pepper.

Sauté garlic until brown.

Add beans.

Oil should be hot enough that beans sizzle when hitting the pan. Cook for a few minutes.

Make an empty space in the middle of the pan and add soy sauce. Soy sauce should smoke a bit when it hits the pan.

Mix beans about and continue to cook for 2 or 3 minutes.

Taste and add more soy, garlic, or black pepper if desired.

Continue to stir fry until beans are desired doneness. We like our beans still crisp.



<http://www.lincolntent.com/GFCF-Vegtable.html>