



## Garlic Green Beans

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	5 MIN	10 MIN		10

Garlic green beans are a simple and delicious vegetable dish made with fresh green beans sautéed in garlic. They are crisp, flavorful, and perfect as a healthy side for any meal. This easy recipe takes just minutes to prepare and enhances the natural taste of green beans with rich garlic flavor. It's a great addition to both everyday meals and special occasions.

### Ingredients

- 2 cups green beans (trimmed)
- 3-4 garlic cloves, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: lemon juice or chili flakes

### Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 8-10 minutes

- Total Time: 15 minutes
- Servings: 3-4
- Course: Side Dish
- Cuisine: International

## Cooking Method

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### Instructions

1. Bring a pot of water to a boil and blanch green beans for **2-3 minutes**.
2. Drain and set aside.
3. Heat olive oil in a pan over medium heat.
4. Add garlic and sauté for **30-60 seconds**.
5. Add green beans and toss well.
6. Cook for **5-7 minutes** until tender-crisp.
7. Season with salt, pepper, and optional lemon juice.
8. Serve warm.

### Cooking Tips

- Do not overcook to keep beans crisp
- Blanching helps retain color and texture
- Add garlic at the right time to avoid burning

## Variations

- Add almonds or sesame seeds
- Add butter for richer flavor
- Add soy sauce for Asian-style taste
- Add parmesan cheese

## What to Serve with Garlic Green Beans

- Garlic chicken dishes
- Steak or pork
- Rice or quinoa
- Holiday meals

## Storage

Store in an airtight container in the refrigerator for up to **3 days**.

## Reheating

Reheat in a pan or microwave.

## Frequently Asked Questions

### Can I skip blanching?

Yes, but blanching improves texture and color.

### How do I keep beans bright green?

Do not overcook and blanch briefly.

### Can I use frozen green beans?

Yes, adjust cooking time slightly.

### Recipe Author

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