

Simple Sauteed Green Beans

AUTHOR: [Katie Webster](#) **TOTAL TIME:** 15 minutes

YIELD: 5 cups



This delicious green bean recipe is a perfect healthy side dish. They are cooked in one pot with garlic, olive oil and a little spice. It is one of the best green bean recipes because it is both quick and delicious!

Ingredients

UNITS SCALE

- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon red pepper flake, or to taste
- 1.5 pounds green beans, trimmed
- 2 cloves garlic, minced
- 1/2 teaspoon coarse kosher salt
- 2 tablespoons water

Instructions

1. Heat oil in a large skillet over medium-high heat. Add red pepper flake and stir to coat the pepper in the oil.
2. Add green beans and cook, stirring often until the beans are blistering and browning in areas, 5 to 7 minutes.
3. Add garlic and salt and cook, stirring constantly until the garlic is fragrant and browning, about 30 seconds.
4. Add water and immediately cover with a well-fitting lid or sheet of aluminum foil. Steam the green beans, covered, until they are bright green and crisp tender, 1 to 2 minutes. Serve immediately.

Notes

Make Ahead Instructions

1. Blanch green beans for 1 minute in boiling salted water.
2. Shock in an ice bath to immediately stop them from cooking. Drain well in a colander.
3. Keep refrigerated in a large storage container or ziplock bag for 1 day.

4. Before using in the recipe, make sure they are completely dry (use a clean dish towel or paper towels.)
5. Follow the instructions in this recipe but do not add the water and steam covered. They will be tender enough after searing them. Note that the beans will not brown as well as they sear, but they will still be quite tasty.

To Trim Haricot Verts or Green Beans: The stem end of the bean is tough and fibrous. This must be removed. To do so easily, line up a handful of the beans with the stems facing the same direction. Cut them off all at once. No need to cut off the pointy tip.

Nutrition

SERVING SIZE: *1 cup* CALORIES: *70* SUGAR: *0 g* SODIUM: *230 mg* FAT: *5 g*
SATURATED FAT: *0.5 g* CARBOHYDRATES: *6 g* FIBER: *2 g* PROTEIN: *1 g*

Find it online: <https://www.healthyseasonalrecipes.com/simple-skillet-green-beans/>