



# SEASONED GREEN BEANS

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EACH BATCH SERVES SIX.

| INGREDIENTS                                       | X1                                     | X2                                          | X3                                           | X4                              |
|---------------------------------------------------|----------------------------------------|---------------------------------------------|----------------------------------------------|---------------------------------|
| Olive Oil                                         | 2 tablespoon                           | 1/4 cup                                     | 6 tabelspoons                                | 1/2 cup                         |
| Minced garlic                                     | 1 tablespoon                           | 2 tablespoons                               | 3 tablespoons                                | 1/4 cup                         |
| Green onions, thinly sliced                       | 2                                      | 4                                           | 6                                            | 8                               |
| Sweet bell pepper, seeded and very thinly sliced  | 1                                      | 2                                           | 3                                            | 4                               |
| Dried Basil (or fresh thinly sliced)              | 1 teaspoon or<br>1 tablespoon<br>fresh | 2 teaspoons<br>or 2<br>tablespoons<br>fresh | 1 tablespoon<br>or 3<br>tablespoons<br>fresh | 4 teaspoons or<br>1/4 cup fresh |
| Salt                                              | 1/2 teaspoon                           | 1 teaspoon                                  | 1 1/2<br>teaspoons                           | 2 teaspoons                     |
| Ground back pepper                                | 1/2 teaspoon                           | 1 teaspoon                                  | 1 1/2<br>teaspoons                           | 2 teaspoons                     |
| Package frozen green beans (or fresh-see recicpe) | 20 ounce                               | 40 ounce                                    | 60 ounce                                     | 80 ounce                        |

If you are using fresh green beans, clean and trim beans. Blanch beans by boiling for 3 minutes then plunging into ice water. Drain beans well. To see a tutorial on blanching green beans go to [pickyourown.org](http://pickyourown.org).

Combine everything in bowl, then place in freezer bag. Remove as much air as possible, label and freeze.

**To serve:** Heat skillet to med-high and saute with 2 tablespoons water for about 8-10 min until all is bright tender OR roast on baking sheet at 475 for about 10 min, stirring part way through roasting time.