

STEWED FRESH GREEN BEANS

Ingredients

1. 1 lb. Fresh Green beans
2. 1/2 tsp. Salt
3. 1 tsp. Sugar
4. 1 tblsp. Olive Oil or Butter
5. 1/2 tsp. Black Pepper

Instructions

1. Snap and wash beans,
2. Put in pot and cover with water.
3. Sprinkle salt over beans.
4. Sprinkle pepper over beans.
5. Pour oil or butter over the beans.
6. Cover beans, bring to boil and lower heat.
7. Cook on low to medium heat until beans are tender and most of the water has boiled out of the beans.
8. Usually, I do not put any herbs or spices on fresh beans, so as to preserve the fresh taste. There is nothing that compares to the fresh taste of garden vegetables.