

Green Beans with Pecans

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time:

Serves: 4

CChints: We used fresh green beans for this recipe, but you can use frozen ones and use the same cooking method. You can buy pecans and take out what you need for this recipe. Put the rest in a freezer bag and freeze for up to a year. Take out what you need as you need it and they will be fresh and yummy.



2 pounds fresh or frozen green beans

 Fresh – trim the ends

 Frozen – you do not need to thaw

1/4 cup water

1/2 teaspoon salt and a dash of black pepper

4 tablespoons butter, divided

1 cup chopped pecans

1 teaspoon brown sugar

2 gloves minced garlic, fresh or from a jar

 If you have roasted garlic, use them.

Find a microwave safe container with a cover that will hold your green beans. Add the beans, water and salt. Cover but leave slightly opened for the steam to vent. Microwave on high for 2 minutes, then drain. If you are using frozen beans and they are still frozen, put them back in for 30 seconds more. Drain off the water and pat them dry.

In a large nonstick skillet, melt 1 tablespoon of butter over medium heat. Add the pecans, stirring often with a wooden spoon or heat resistant spoon for about 3-4 minutes until you can just start to smell the pecans. Reduce the heat slightly, add the rest of the butter and just as it melts add the beans to the skillet. Toss the beans in the butter to coat them well. Sprinkle them with the brown sugar and add the garlic. Partially cover the pan and stir occasionally until the beans are to your desired tenderness, usually about 2 – 4 minutes.

Serve hot and enjoy.