

Recipe for: Green Beans Provencal

Ingredients:

1/2 lb green beans, ends snipped
1 container chicken broth (organic, low sodium)
1-2 cloves of garlic, crushed
1 tomato, diced
1 Tbsp. chopped fresh parsley
1 Tbsp. butter
Olive oil
Real Salt
Fresh ground black pepper

Preparation:

Boil beans in chicken stock for 8 minutes then drain.

Add garlic, tomato, parsley, a splash of olive oil, salt, pepper and butter to beans.

Toss over low heat to warm.