Michele Sodon

NUTRITION PER SERVING:

CALORIES	59
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	2 G

PREP TIME:	20 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1/4 OF ENTIRE RECIPE

INGREDIENTS:

1 TSP	SESAME OIL
1 LB	GREEN BEANS, TRIMMED AND CUT INTO 1-INCH PIECES
PINCH OF	CRUSHED RED PEPPER, OR TO TASTE
½ C	WATER
1	14 OZ. CAN MIXED STIR-FRY VEGETABLES, RINSED,
OR 1½ C	FROZEN MIXED STIR-FRY VEGETABLES, THAWED
1 TBSP	BLACK BEAN-GARLIC SAUCE

Note: Pungent and savory black bean-garlic sauce is the secret ingredient in this ultra-quick stir-fry.

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GREEN BEAN STIR FRY

01 Heat oil in a large skillet over medium-high heat. Add green beans and crushed red pepper and cook, stirring often, until seared in spots, 2 to 3 minutes.

02 Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.

03 Uncover, increase heat to medium-high, add stir-fry vegetables and black bean-garlic sauce. Cook, stirring often, until heated through and most of the liquid has evaporated, 1 to 2 minutes.