

Green Beans

INGREDIENTS:

- Green beans (~ lb. = 4 cups)
- Sea salt

PROCESS:

- Wash green bean in water. Break off ends as you wash them. Leave whole or cut into desired lengths.
- Cook green beans in a small amount of boiling salted water until crisp-tender.
- About 10-15 minutes for whole or cut green beans.
- Drain.

ENJOY!