

## NUTRITION PER SERVING:

<b>CALORIES</b>	59
<b>PROTEIN</b>	3 G
<b>CARBOHYDRATE</b>	10 G
<b>TOTAL FAT</b>	2 G

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<b>PREP TIME:</b>	20 MINUTES
<b>COOK TIME:</b>	10 MINUTES

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<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	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.



## 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.

