



# BETH WARREN

## NUTRITION

### Coconuty String Beans

A Coconuty string beans recipe

#### INGREDIENTS

1 BAG FROZEN WHOLE STRING BEANS(24OZ)

4 CLOVE GARLIC, CRUSHED

1 TBSP EXTRA VIRGIN OLIVE OIL

1/4 CUP COCONUT AMINOS  
(TERIYAKI OR ANY FLAVOR)

#### INSTRUCTIONS

HEAT OIL IN PORCELAIN PAN. CRUSH THE GARLIC AND ADD IT TO THE OIL. COOK UNTIL FRAGRANT ABOUT 3 MINUTES. ADD THE STRING BEANS AND AMINOS. STEAM WITH LID UNTIL DESIRED LIQUIDNESS OR STICKINESS