



Lifestyle Wellness Academy

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.



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.

