



Recipes

Vegetables

Garlic Steamed String Beans

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: about 4 servings

Ingredients:

- 1 pound string beans, rinsed and ends removed
- 2 cloves minced garlic
- 2 tablespoons tamari
- 4 tablespoons tahini
- juice of 1/2 lemon

Directions:

1. Place beans in a steamer basket.
2. Add about 2 inches of water into the pot.
3. Bring to a boil, cover and let steam for 10 minutes.
4. Mix tahini, garlic, and tamari.
5. When beans are tender, place in a bowl with garlic mixture.
6. Squeeze with lemon juice, combine and serve.