

Southern String beans

(Side Dish or Main Meal)

Submitted by Michelle Broussard-Hanes

... a family favorite since I was a child! ☺

Ingredients:

- 1 large Vidalia onion, finely chopped
- 4 cloves of FRESH garlic (not jarred), chopped
- 1 scant tsp of dark brown sugar
- 32 oz frozen String beans
- 3 Yukon gold potatoes
- 2-3 Tbsp of Oil

Spices:

Oregano, rubbed
Seasoning Blend of your preference

Directions:

In a large skillet, on a low flame/low heat setting sauté' onions until they begin to appear translucent. Add freshly chopped garlic—sauté for a minute, and then add the teaspoon of brown sugar to encourage a gentle, sweet caramelization. (Keep the flame low at this point). Once the onions and garlic are caramelized, pour in the frozen string beans and add about ½ cup water—to ensure the onions/garlic do not stick. Raise heat level to medium and cover, but stir frequently.

While the string beans are cooking, microwave 3 large Yukon gold potatoes (flip several times while cooking in microwave to ensure there are no undercooked areas). Once cooked; skin and chop the potatoes into small (but not tiny) cubes. Toss/fold in the cubed, cooked potato pieces. Rub dried oregano to release flavor, and the seasoning blend of your preference. Cook for just a few minutes more (covered) so the flavors can blend.

* If you use a non-salt or low salt seasoning, you will notice the *delicacy* of the caramelized aspects more!

“Fasting is wonderful, because it tramples our sins like a dirty weed, while it cultivates and raises truth like a flower”
St. John Chrysostom