

Sweet and Crunchy Green Beans

Everyone can use a different green bean recipe. I love plain steamed green beans. I also love roasting them. This however, is an excellent use of green beans. Wondering what coconut aminos are? It's a healthier version of soy sauce. It's made from coconut sap and can be used in place of soy sauce. Enjoy.

xoxo,
Kristin

1. Bring a large stockpot of water to a boil. Add the green beans and cook for 10 minutes, until tender-crisp. Drain the beans and place them in a bowl of ice water to preserve their color.
2. In a large saute pan over medium heat, cook the bacon until crispy, about 10 minutes. Remove from the pan and set aside to cool, then chop into small pieces.
3. Leave 3 tbsp of bacon fat in the pan and reserve the rest for another use. Add the onion and saute until translucent, about 7 minutes.
4. Add the coconut aminos to the pan with the onion. Cook over medium low heat until the mixture reduces and coats the back of the spoon, about 10 minutes.
5. Add the green beans, toss and cook for 5 minutes, until warmed through.
6. Pour the green bean mixture into a large bowl, add the almonds, bacon toss to combine.

Recipe from The Paleo Cookbook, serves 4