

Stir Fry Green Beans

by Carmen Harris

2 lbs free green beans, cleaned and snapped
2 heaping tablespoons Chinese Style black bean garlic sauce
(Asian section in the grocery store)
1 full large garlic bulb, sliced very thin
1/2 of an onion sliced very thin
1 tablespoon of very fine chopped fresh ginger
2 tablespoons of soy sauce, more if you wish
2 tablespoons of cornstarch, may need more
Chicken broth if you have for mixing with the cornstarch for thickening or use water.
Mix chicken stock and corn starch in advance with soy sauce.
2 tablespoons of Sesame oil for stir frying

In a wok or large pan, heat oil and stir fry onions until they are wilted.
Add beans and stir fry until they are ALMOST done.
Add garlic, ginger, black bean sauce. Stir fry thoroughly.

Stir again your corn starch mixture and add to beans. Stir fry completely until the gravy thickens.

Cook for a few minutes to make sure the "roo" is cooked.

You may have to add additional chicken stock/cornstarch mix.

Chinese vegetables should be al dente so it's tricky NOT to overcook.