

**Recipe for:** Green Beans Provencal

**Ingredients:**

½ lb green beans, ends snipped  
1 container chicken broth (organic, low sodium)  
1-2 cloves of garlic, crushed  
1 tomato, diced  
1 Tbsp. chopped fresh parsley  
1 Tbsp. butter  
Olive oil  
Real Salt  
Fresh ground black pepper

**Preparation:**

Boil beans in chicken stock for 8 minutes then drain.

Add garlic, tomato, parsley, a splash of olive oil, salt, pepper and butter to beans.

Toss over low heat to warm.