

# GREEN BEANS & BACON

**Time: 40 minutes**

**Serves: 4**

### Ingredients:

8 strips bacon – cut into squares  
1 large onion – diced  
3 cloves garlic - finely chopped or grated  
½ teaspoon red pepper flakes  
2 pounds green beans – trimmed  
½ cup chicken or vegetable stock  
Salt and Pepper to Taste

### Preparation:

Place a suitable pot or Dutch oven on medium heat and add the bacon once it reaches temperature. Stir the bacon occasionally until lightly browned.

Add the onion, stirring occasionally for five minutes.

Stir in the garlic and pepper flakes and cook for one minute.

Add the beans and stock, then bring the heat to high until a boil is reached. Cover and reduce to simmer for ten minutes. Uncover and cook, stirring a few times for ten more minutes.

Remove from heat, then season with salt and pepper, serving immediately.

### Nutritional Information Per Serving:

Calories: 262  
Fat: 18g  
Carbs: 20g  
Fibre: 8g  
Protein: 10g