

Nose Strings Attached



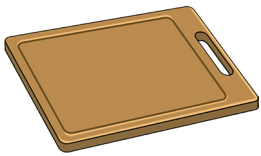
1 hour



6 servings

Who “nose” why people think string beans are so boring when they can be made into delicious, aromatic recipes like this that delight every sense to the max!

What you need



Cutting board



Large pan



Garlic press



Wooden spoon

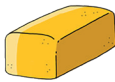


Knife

Ingredients



1 ½ lbs string beans



4 tablespoons butter



1 tablespoon flour



1 large onion



½ cup chicken or veggie broth



1 tablespoon honey



1 garlic clove



1 teaspoon salt



¼ teaspoon black pepper

Tips



Butter-less

You can keep this recipe dairy free by swapping out the butter for oil or any other butter alternative.

Veg-Swap

You can swap out string beans for any other vegetable of your choice. Broccoli, cauliflower, and asparagus can all work very well with this recipe.



Freeze!

If you want to make this recipe in advance, you can freeze it! Cook the string beans for five minutes less than the original cooking time. Once it is at room temperature, you can freeze it in an airtight container for up to three months.



Culinary terms

Onions have natural sugars in them. When we cook them over low heat for a long time, the sugars turn brown and the natural sweetness is brought out. This process is called caramelization!

Fun Fact

You have heard of string beans, and you have heard of green beans. Do you know what the difference between the two is? Nothing! They are actually the same thing!