# Italian green bean recipe

# Italian green bean recipe

Sometimes the most delicious recipes are the ones that use few ingredients simply prepared. This Italian green bean recipe is a perfect example. With just six ingredients and a cook time of 20 minutes from start to finish, it doesn’t get munch easier than this classic Italian side dish from my childhood.

Green beans are one of my favorite vegetable side dish. They are quick and easy to make, everyone loves them and we usually grow them in the garden, which is the Italian way of cooking with seasonal ingredients  simply prepared to showcase the fresh taste.

## tips for success when making this Italian green bean recipe

First: To keep the green beans green be sure the water is boiling before adding the green beans.

Second: Don’t cover the pot when cooking the beans. Covering the pot changes the vibrant green color giving the beans a dull lack luster look.

Third: Be sure your stock pot is large enough for the beans to move freely, to insure even cooking. Here is a link to a good size all around stock pot.

And lastly: Run the green beans under cold water after draining to stop the cooking process and prevent soggy green beans,

# Ingredient

- 2 Lbs. green beans
- 1 cup extra virgin olive oil
- 4 Tbsp. minced garlic
- 1/2 cup chopped Italian parsley
- 1/2 cup chopped mint
- Juice and zest from 0ne lemon
- salt and pepper to taste

# Instructions

1. Start by washing and trimming the green beans.
2. Then in a large stock pot in boiling salted water boil the green beans uncovered until fork tender, but still el dente
3. In a bowl add the rest of the ingredients and 1/2 cup of the bean water. add the green beans to the dressing. Salt and pepper to taste.