

Chinese Green Beans in Garlic Sauce

Yield: 3 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-bean-rice-recipe>

Ingredients:

- 1 tablespoon Lee Kum Kee Black Bean Garlic Sauce
- 1 tablespoon honey
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 1 tablespoon unsalted butter
- 4 cloves garlic peeled, finely minced
- 1 whole yellow onion or medium-sized white, sliced
- 1 teaspoon ground black pepper
- 1/8 teaspoon sesame oil
- steamed rice
- 1/2 cup chicken broth
- 2 tablespoons black beans Chinese salted, ; in plastic bags, at Asian markets
- 1 tablespoon soy sauce
- 2 cloves garlic minced
- 2 teaspoons cornstarch
- 1 teaspoon oyster sauce
- 1 teaspoon sugar
- 1 tablespoon vegetable oil

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 10 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 400 milligrams

9. Sugar: 7 grams

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