

# Stir Fried Chinese Long Beans with Garlic

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 bunch Chinese long beans about 1/2 lb
- 2 tablespoons vegetable oil
- 1 tablespoon garlic minced
- 1/2 teaspoon salt or to taste
- 1 teaspoon soy sauce or to taste

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 1 grams
3. Fat: 7 grams
4. Sodium: 370 milligrams

---

Thank you for visiting our website. Hope you enjoy Stir Fried Chinese Long Beans with Garlic above. You can see more 16 vegetarian chinese long bean recipe Dive into deliciousness! to get more great cooking ideas.