

# Lazy Girl Green Beans

Serves: 2

Prep time: 2 minutes

Cook time: 15 minutes

## INGREDIENTS:

2 lbs green beans, ends removed

1 tbsp avocado oil or olive oil

1/2 yellow onion, sliced

2 cloves garlic, minced

1-2 cups mushrooms

2 tbsp balsamic vinegar

2-3 tbsp nutritional yeast

Salt/pepper

Best pairing:

Roasted Organic Rotisserie Chicken

Grass-fed steak



**Serving size:** 1 cup green beans + extra nutritional yeast on top

## INSTRUCTIONS:

1. Add onion to a pan on the stove top and turn the heat to medium. Toss every minute or so for 4-5 minutes until the onion starts to brown and turn soft
2. Add in the green beans and drizzle olive oil on top. After about 3 minutes, add the mushrooms and garlic. Toss all together.
3. Season the veggies with salt and pepper and sauté for about 8 minutes until mushrooms are tender.
4. Add in the balsamic vinegar and nutritional yeast. Toss again.
5. When green beans are done to your liking, remove from heat, add a little extra salt/pepper if needed and enjoy!