




Caramelized Onions with Green Beans 2.0

BY RANELLE KIRCHNER, CHEF RDN

 10 MINS |  1 SERVINGS

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INGREDIENTS

1/2 onion sliced	1 tablespoon sliced almonds toasted
1 1/2 cups green beans	1 dash salt
1/2 cup garbanzo beans drained & rinsed	1 teaspoon Sesame Oil
	1 tablespoon Coconut Aminos

NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 704mg
Total Fat 10g	Saturated Fat 1.14g
Carbs 39g	Fruits 0 servings
Calories 274kcal	Vegetables 2 servings
Fiber 11g	Added Sugar 0g

Method

1. Caramelize onions by heating a large saute pan with oil on medium-high heat. Add half the sliced onions into the pan and cook until translucent, 1-2 minutes.
2. Add the other half of the onions and mix thoroughly, cooking another 2 minutes.
3. Reduce heat to medium low and stir every few minutes. If the onions start to stick too much and brown around the edges, reduce your heat. Continue to stir for 30-40 minutes, depending on how soft you prefer your onions to be. If the pot starts to burn, add a bit of liquid (water will do).
4. Just before the onions finish cooking, about 5-8 minutes, toss in the green beans with garbanzo beans, coconut aminos & salt.
5. Top with sliced almonds.

PORTIONS

