

## Steamed Green Beans

yield: ~22 ounces

### Note:

+ At home, steaming all 26 ounces at once may be impractical. For better results, divide into smaller batches—13 ounces at a time works well in most cases.

### Note:

+ The vibrant color of the beans will diminish the longer they're stored in the fridge. If this concerns you, steam half now & the remaining portion later in the week. Likewise, if there's a particular meal (the grain bowl, for example) where you want to ensure the beans' color stays vibrant, serve that meal earlier than the rest.

### Ingredients:

26 ounces green beans, stemmed

### Directions:

I have nothing to add to the myriad of information available about how to steam green beans. If you're unsure how to complete this task, Google it.

That said, since you're prepping these for future meals, it's a good idea to shock the beans immediately after steaming. Typically, you'd use a large amount of heavily iced water to accomplish this...I realize that in a home setting, this may not be readily available.

At the very least, run the cooked beans under the coldest water you can get. Do so until most of the heat has transferred out of them. In similar situations where large amounts of ice weren't available, I've been known to spread the beans out on a sheet tray, in a single layer with as much space between them as possible, & pop the tray in the freezer...just don't forget they're in there (it won't be the end of the world, but it isn't ideal).

After shocking, be diligent about removing excess moisture before storing the beans in an airtight container under refrigeration. If stored with too much moisture, their quality will degrade more quickly. If you have a salad spinner, give them a quick spin. Otherwise, pat dry as best you can.