

Farm Fresh Summer IV: Green Beans

I have to admit that, as a child of the 60's, I never tasted fresh green beans until adulthood. It's a sad truth, but I certainly have made up for lost time by eating my fair share each year when they come in to season. Since their first appearance in our weekly Tecolote Basket, they have been gobbled up on the first night. While we all love this veggie roasted with just a drizzle of oil and pinch of Himalayan sea salt, sometimes a bit of spice is on order. This particular Vegetarian Times version of Szechuan Green Beans offers just the right amount of heat so that the fresh taste of the green beans can still be experienced.



Ingredients

8 green onions, white parts only, thinly sliced ($\frac{1}{2}$ cup)
4 cloves garlic, minced (4 tsp.)
4 tsp. minced or grated fresh ginger
2 Tbs. mirin (rice wine)
4 tsp. gluten free tamari or coconut aminos
2 tsp. toasted sesame oil
1–2 tsp. chile-garlic sauce
 $\frac{1}{4}$ cup vegetable oil
1 lb. green beans, trimmed and halved (4 cups)
8 oz. shiitake or button mushrooms, thinly sliced (3 cups)
9 dried Thai bird chiles, optional

Full Instructions Here