

Garlic Bacon Green Beans

Created by Kristy Regan for the NCNM SIBO Lab

Makes approximately 8 servings.

Ingredients

- **4 diced bacon strips**
- **8 cups fresh green beans, trimmed of stems**
- **1 Tablespoon garlic oil**
- **1 Tablespoon ghee or butter**
- **Salt & Pepper to taste**

Instructions

1. Cook bacon over medium heat until lightly crisped and drain on paper towels.
2. Bring beans to boil in a large saucepan over high heat. Cook, uncovered, until crisp-tender, about 10 minutes. Drain well.
3. Add butter and garlic oil to a large frying pan to melt over medium heat.
4. When the oil and butter are melted, add the bacon and green beans.
5. Sauté for a couple minutes to incorporate flavors and add salt and pepper to taste.