

# The Best EASY Frozen Green Beans Recipe (Stovetop)

This quick and easy frozen green beans recipe makes the perfect last minute side dish! Frozen green beans are sautéed in melted butter, then seasoned to perfection. It's truly the best!

<b>Course</b>	Dinner, Side Dish
<b>Cuisine</b>	American
<b>Keyword</b>	easy green bean side dish, frozen green beans, frozen green beans recipes
<b>Prep Time</b>	1 minute
<b>Cook Time</b>	9 minutes
<b>Total Time</b>	10 minutes
<b>Servings</b>	4
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## Ingredients

- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 pound frozen green beans
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon red pepper flakes
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper

## Instructions

1. Heat a large skillet over medium low heat. Add the olive oil and butter, allowing the butter to melt completely.
2. Add the frozen green beans to the skillet. Increase the heat to medium high and toss the green beans until they are well coated with the olive oil and butter. Cook for 5-7 minutes, stirring occasionally, until the beans are heated throughly and start to become tender.
3. Sprinkle garlic powder, red pepper flakes, salt, and pepper over the beans. Stir well to coat evenly.
4. Continue cooking for another 3-5 minutes, until the green beans are just tender.
5. Serve immediately and enjoy!

## Notes

### Recipe Variations And Substitutions:

- **Lemon-Garlic:** Add a splash of fresh lemon juice and some fresh minced garlic for a lemon garlic twist.
- **Cheesy:** Sprinkle with grated Parmesan during the last minute of cooking.

- **More seasonings:** Toss with Italian seasoning for a different flavor.
- **Butter:** Feel free to use olive oil or vegan butter in place of butter if preferred. Also, salted butter works just fine in the recipe, you will just need to adjust the amount of salt you add to the green beans.

#### **Storage And Reheating Instructions:**

- Store leftovers in an airtight container in the refrigerator for up to 4 days.
- Reheat in microwave for 20 seconds at a time, tossing in between, until warmed.

#### **Pro Tips:**

- **Don't Thaw:** Use the green beans straight from the freezer for the best texture.
- **Adjust Seasonings:** Taste and adjust the salt, pepper, and garlic powder to your preference.

# Munchy Goddess

