



Keto Green Beans

A delicious Keto side dish.

Course **Side Dish**
Cuisine **General**
Keto Recipes **Keto Snacks, Vegetarian Keto Recipes**

Yum
Votes: **8**
Rating: **4.13**
You:

Servings	Prep Time	Cook Time
3 SERVINGS	10 MINUTES	5 MINUTES

Ingredients

- 150 grams Green Beans
- 10 grams garlic
- 45 grams Salted Butter [I use this](#)
- 50 ml Chicken stock For the final dish
- Salt & Pepper
- 30 grams Parmesan cheese

Servings: servings

Units:

Instructions

1. Cook the green beans till tender with still a little snap to them. You can either boil in salted water or chicken stock for 4-5 minutes or microwave with a splash of water and salt for about 3-4 minutes.

2. Heat the butter in a pan on a medium heat and as it starts melting add in the garlic and mix well and let the flavours marry.

3. Once the butter has melted and the garlic starts browning add in the beans and once the garlic turns brown add in the chicken stock.

4. Once the stock reduces by half add in half of the parmesan cheese and mix well. Once the sauce thickens up, remove from the heat.

5. Garnish with the remaining parmesan and serve alongside your fav Keto meal.