

Green Beans with Almonds and Caramelized Shallots

Prep. Time 20 minutes

Cook time 25 minutes

Ready 45 minutes

Servings 12

Ingredients:

½ cup blanched slivered almonds

¼ cup and 2 tablespoons butter

10 small shallots, thinly sliced

2 red bell peppers, chopped

¼ cup of white sugar

Salt and pepper to taste

3lbs of fresh green beans trimmed and snapped.

Directions:

Place slivered almonds in a dry skillet over low heat, and cook and stir constantly until almonds are lightly toasted, 3 to 5 minutes.

Heat butter in skillet over medium –low heat and stir in the shallots and red bell pepper until softened about 8 minutes. Sprinkle the shallot mixture with sugar, salt and pepper, and reduce the heat to low. Cover, and cook slowly, stirring occasionally, until dissolves and the shallots are caramelized, 5 to 8 minutes.

Place a steamer insert into a saucepan, fill with water to just below the bottom of the steamer, bring water to a boil. Add the green beans, cover and steam until just tender enough to pierce with a fork, 7 to 8 minutes, Drain the green beans, place them into the skillet with shallot mixture, mix well, and gently stir in the almonds.