



Soulfully Southern Green Beans

For this recipe, I add a few secret ingredients for honestly delicious green beans.

Ingredients:

- Hobe's Sugar Cured Country Ham or Ham Hock
- 1 tablespoon Stick Butter
- 1 tablespoon Minced Onion (or diced white onion)
- 1 tablespoon Minced Garlic (or fresh garlic)
- 2 cups of Chicken Stock
- Secret Ingredient: Red Pepper Flakes (to your heat level!)
- Black Pepper and Morton's Kosher Salt
- 1 lb of Fresh Cut Green Beans (Frozen if you need to!)

Instructions:

1. In a regular-sized pot on medium heat melt butter, then add minced garlic and minced onion.
2. Add ham and sauté for about 2 minutes.
3. Add chicken stock – bring it up to a boil.
4. Add red pepper flakes to taste for your family, kosher salt, and black pepper.
5. Add green beans.
6. Add water or chicken stock so your beans are completely covered). Bring back to boil.
7. Cover and let it simmer for about an hour and a half to 2 hours. (Keep the lid on the entire time)



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