

SOUTHERN GREEN BEANS

SERVES 8-10

Rinse, trim, and snap in half green beans. Place green beans, water, meat, and pepper in a medium pot. Bring to a boil. Reduce heat, cover, and simmer for 1-2 hours, until beans are very tender.

To serve, drain, remove meat, and add salt and butter, optional.

DEEDEE'S NOTES:

- Green beans may be prepared 1-2 days in advance. Keep the beans in the water until ready to serve.

INGREDIENTS

2 lbs green beans

4-6 cups water

4 oz side meat, fatback, or
bacon

1-2 tsp pepper

Salt to taste

1-2 tbsp butter, optional

Although I love French green beans cooked to just tender, there is something special about Southern green beans. I am taken back in time and reminded of the generations of women before me. This is the way they cooked green beans, and for some meals there is no substitute.