



HOPE30 KITCHEN

Hope30 Chicken & String Beans

Ingredients:

- 1 pound of chicken breast tenders
- 1 package of trimmed green beans (fresh or frozen)
- 1/3 barbeque coconut aminos
- 1/3 chicken stock
- 1 1/2 tsp garlic powder
- Pink Salt and Black Pepper to taste

Cooking Directions:

- Add chicken, aminos, stock, garlic powder, salt and pepper to a non-stick pan.
- Once chicken is browned on both sides, add green beans to the pan.
- Saute until chicken is to temperature and the green beans are softened but still a bit crisp. If you need to add more liquid to the pan throughout the cooking time, add a splash or two more of chicken stock.

*A quick and easy lunch that can easily
be packed for reheating at work!*
