

Caramelized Spicy Green Beans

- 1 pound green beans
- 2 tablespoons light brown sugar
- 1 tablespoon soy sauce
- 1/2 teaspoon dried crushed red pepper
- 1 medium-size red pepper sliced
- 1/2 medium-size onion, sliced
- 1 teaspoon peanut oil
- 3/4 teaspoon seasoned salt

Cook beans in boiling salted water to cover 1 minute; drain. Plunge green beans into ice water to stop the cooking process; drain well, pressing between paper towels. Stir together brown sugar, soy sauce, and dried crushed red pepper. Sauté bell pepper, onion, and green beans in hot peanut oil in a large skillet over high heat 3 to 5 minutes or until beans look blistered. Sprinkle with seasoned salt. Remove from heat; add soy sauce mixture to green bean mixture, and stir to coat.

Adapted from Southern Living magazine