

Stir-fried Soybean Sprouts

<http://userealbutter.com/2010/01/11/stir-fried-soybean-sprouts-recipe/>

1 lb. soybean sprouts, washed and drained
2-3 tbsps vegetable oil
4 cloves garlic, minced
3 stalks green onions, sliced into 1-inch strips
2-3 tbsps soy sauce
pinch of sugar (to taste)

Pick the stringy ends off the soybean sprouts (optional). In a large sauté pan, heat the vegetable oil over high heat until hot. Toss the garlic and green onions into the pan and stir until fragrant. Add the soybean sprouts and sauté for about three minutes. Pour in the soy sauce and add sugar to taste. Stir everything together, reduce heat to medium-high, and let simmer for a few minutes until the sprouts turn a little translucent. Serve hot.