**Steamed Greenbeans with Mustard Seeds and Fresh Garlic**

**5 cloves of garlic chopped**

**2 t of Mustard Seeds**

**1 lb of greenbeans cleaned with tips chopped off.**

**2 to 3 cups of water**

**1/2 a vegetable bouillon**

**Heat the water and boullion in a clay pot with a lid. Bring to a boil.**

**Add the Greenbeans, garlic and mustard seeds. Cover and Steam/cook for about 8 min or untill your desired amount of cooking. Remember the clay will retain heat and you might want to stop before they are completely cooked. Drain out the water preserving most of the garlic and mustard seeds. Add butter if desired… put the pot on the table with a big spoon and enjoy.**