

Aegean Green Beans

Fantastic olive oil based cooked green beans. Perfect for eating hot or cold. Great for mezes as well as a main dish with rice.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 15 mins

Cooking time: 30 mins

Category: Entrees

Complexity: Simple to moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Green beans (string beans), cooked from fresh	4 cup
Garlic, cooked	6 clove
Onion, white, yellow or red, raw	1 large
Olive oil	0.5 cup
Carrots, raw	1 large - 7 1/4" to 8 1/2" long
Water	2.5 cup
Salt	1 teaspoon
Tomato raw (includes cherry, grape, roma)	1 cup
Black pepper, ground	1 teaspoon
Mushrooms, raw	1 cup

Instructions

Cut the onion in small thinly slices cubes.

Slice the garlic cloves into very thin slices.

Cut the carrot into thin slices.

Wash and cut the mushrooms into thin slices.

Either use pre-crushed tomatoes or use fresh tomatoes and crush them using a food processor.

You need 1 cup of crushed tomatoes.

The tips of the green beans must be cut else it will be difficult to eat.

The best way is to cut the beans for this recipe is in a French Cut style. French cut is when beans sliced along the length.

Put the diced onions and the olive oil in a large enough pot and cook at medium heat by sprinkling the salt while they are cooking. This will help the onions release their water faster. Stir for 2 minutes.

Cut the carrots into thin slices and put them in the pot with onions as you stir the mix for about 2 minutes.

As the onions start getting transparent, put the garlic into the mix as well and stir for 1 minute.

Pour the mushrooms into the mix and keep stirring for another minute.

Pour the crushed tomatoes into the mix stir the mix for 15-20 seconds. After that pour the water into the mix along with the ground black pepper. Now put the beans into the mix and cover the pot with the lid.

Cook for 15 minutes on high heat and check the carrots and the beans to see if they are cooked or not.