



Green Beans Greek Style



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Introduction

Fasolka szparagowa po grecku, or green beans à la Greek, is a delightful dish that brings together the fresh flavors of green beans with the tanginess of tomatoes and the richness of olive oil. This recipe is perfect for a light side dish or as part of a larger meal. It's not only delicious but also vibrant and visually appealing, making it a favorite in many households.

Detailed Ingredients with measures

Green beans – 500 grams

Onions – 1 medium-sized

Carrots – 2 medium-sized

Garlic – 2 cloves

Tomatoes (or canned tomatoes) – 400 grams

Olive oil – 4 tablespoons

Salt – to taste

Pepper – to taste

Parsley – for garnish

Prep Time

Preparation time for fasolka szparagowa po grecku is approximately 15 minutes. This includes washing and trimming the green beans, chopping the onions and carrots, and peeling the garlic.

Cook Time, Total Time, Yield

Cook time is about 25 minutes. Thus, the total time for preparing this dish is around 40 minutes. The recipe yields about 4 servings, making it a great choice for family meals or gatherings. Enjoy this healthy and delicious dish that captures the essence of Greek cuisine!



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Detailed Directions and Instructions

Prepare the Ingredients

Begin by gathering all necessary ingredients: fresh green beans, olive oil, onions, garlic, tomatoes, and spices.

Clean the Green Beans

Wash the green beans thoroughly under cold running water. Trim off the ends of the beans to prepare them for cooking.

Boil the Beans

In a large pot, bring salted water to a boil. Once boiling, add the green beans and cook for about 5-7 minutes until they are tender but still crisp.

See also Snowy Pineapple Punch

Drain the Beans

After boiling, drain the beans in a colander and rinse them under cold water to stop the cooking process. Set aside.

Sauté the Aromatics

In a pan, heat olive oil over medium heat. Add finely chopped onions and minced garlic. Sauté until the onions are translucent and fragrant.

Add Tomatoes and Seasoning

Chop fresh tomatoes and add them to the pan. Season with salt, pepper, and any other desired spices. Stir well and allow to cook for a

few minutes until the tomatoes soften.

Combine Beans with Tomato Mixture

Add the drained green beans to the pan with the tomato mixture. Toss everything together gently to combine and heat through.

Serve the Dish

Once everything is well combined and heated, transfer the mixture to a serving dish. Garnish with fresh herbs if desired and serve warm.

Notes

Storage Instructions

Leftover green beans can be stored in an airtight container in the refrigerator for up to 3 days.

Serving Suggestions

This dish pairs well with grilled meats or can be served as a vegetarian main course.

Variations

Feel free to experiment with adding other vegetables, such as bell peppers or zucchini, to enhance the dish.