



## **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.