

Greek Green Beans

Serves 6 as a side dish

2 lbs. fresh long green beans
2 cups fresh tomatoes, peeled and chopped (or 1 can diced tomatoes)
3 Tablespoons tomato paste
1 1/2 medium onions, finely chopped
3 garlic cloves, finely chopped
½ cup fresh parsley, finely chopped
2 teaspoons dried oregano
1 Tablespoon fresh dill, chopped
1/4 cup water (or more)
1/3 cup olive oil
Salt pepper to taste
Pinch of brown sugar
Optional: feta cheese for garnish

Snip the ends off of the beans; wash and rinse. Add 3 Tablespoons of olive oil to a large soup pot and, over medium heat, sauté the onions for 8 to 10 minutes until translucent. Add the garlic and sauté for 30 seconds more.

Add the remaining ingredients – except for the parsley – to the pot and stir well. Lower the heat, cover the pot and cook for 30 minutes, stirring occasionally, until the beans are tender. Add the parsley and toss. Remove to a serving dish and spoon the remaining 2 Tablespoons of olive oil over the bean mix and toss. Garnish with feta cheese crumbles.

Note: you can grill the beans in a foil pack, closed, for 8 minutes on 1 side, then flip and grill for another 8 minutes. Follow the recipe above for the rest of the ingredients and cook on a stovetop over medium heat for 20 minutes. Then, mix the beans into the tomato mix.