Seasonal Eating



Greek Green Beans

1/2 cup olive oil
1 onion, chopped
1 pound fresh green beans
1 medium potato (or 4-5 baby) sliced 1/4" thick
1 (15-ounce) can diced tomatoes
1/4 cup chopped fresh parsley
1 teaspoon sugar
1 1/2 teaspoons kosher salt
1/4 teaspoon black pepper

In a medium pot, heat olive oil at medium heat and saute onion until soft. Add the potatoes and cook for 2-3 minutes. Add beans and stir until coated with olive oil. Add the tomatoes, parsley, sugar, salt and pepper. Add enough hot water to half cover the beans. Simmer with the lid on for about 40 minutes. Remove the lid and simmer until there is little water left and the beans are soft, about 30 more minutes. Enjoy with bread and feta cheese or top with grilled or sauteed chicken or fish.