

Greek Green Beans and Tomato

Ingredients:

- 2 lbs green beans, fresh
- 2 teaspoons olive oil
- 2 onions
- 2 garlic cloves
- 2 tomatoes
- 1 green pepper
- 2 cups water

Equipment:

- Large sauce pan with lid
- Spatula
- Cutting board
- Knife
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 5 minutes
 Total time: 1 hour

Directions

1. Wash the beans, cut off the tips and remove the stringy piece of fiber along the seam. Set aside.
2. In large saucepan, heat oil to medium. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to saucepan.
3. Cut the ends off of the onion, and peel off the brown layers. Dice onion and add to saucepan. Cook until tender.
4. When onion is tender, add green beans and allow to cook, stir occasionally.
5. While onion is cooking, wash tomato and slice in half. Remove stem and then dice.
6. Wash green pepper slice down the middle. Remove stems, seeds and membrane. Cut into slices and then slice pieces to make dice. Add to saucepan.
7. Add water to saucepan. Stir well, bring to a boil, reduce heat, and simmer covered for 15 minutes or until the beans are tender.
8. Use a slotted spoon to remove vegetables from saucepan to serving bowl. Serve warm.

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Nutrition Facts

| Serving Size: 1/2 cup | |
|------------------------|---------------------|
| Servings: 8 | |
| Amount Per Serving | |
| Calories 63 | Calories from Fat 9 |
| %Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat trace 1g | 1% |
| Cholesterol 0mg | 0% |
| Sodium 12mg | 0% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 5g | 18% |
| Protein 3g | 5% |
| Vitamin A 19% | Vitamin C 62% |
| Iron 7% | Calcium 5% |

*Percent Daily Values are based on a 2,000 calorie diet.

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