

Green Beans With Tomato Sauce - A Dish For Any Time

Ingredients:

Difficulty: Easy
(serves 4)

2 tbsp olive oil
2 medium onions, diced
3 garlic cloves, mashed
2 cans tomato puree (400 gr. can)
1 tsp granulated white sugar
750 gr. fresh green beans*, ends trimmed, each bean cut in 2 to make smaller pieces
2.5 dl (or 1 cup) water or vegetable broth
1 tsp salt (or to taste)
1/2 tsp freshly ground black pepper (or to taste)

*I do recommend making this dish with fresh beans and not frozen ones. You'll see the difference in texture. I certainly prefer fresh ones.

Instructions:

1. In a large pot, put olive oil on medium high heat and warm for 20 seconds. Add onions and saute for about 5 minutes, until the onions become translucent.
2. Add mashed garlic and continue to saute for 1 more minute.
3. Add canned tomatoes and stir a little.
4. Add sugar and stir a little.
5. Add green beans and stir to let the tomato and onion mixture and beans mix well.
6. Pour water / vegetable broth, stir a little and then put the lid on the pot (I leave the lid ajar). When the beans boil, turn the heat to medium heat and continue cooking, for about 20-25 minutes, until the beans are soft and well cooked. Do not forget to stir the beans frequently while cooking so that nothing sticks to the base of the pot. Also, check the beans frequently, you do not want to overcook them (for me it took 25 minutes to cook, but it may take shorter for you, so be careful).
7. When the beans are cooked, add salt and pepper, stir and cook for about 2 more minutes. When it's done, turn off the heat and let the beans cool to room temperature (with the cover of the pot on), then transfer to a serving dish. Cover and put in the fridge. You are welcome to eat the beans freshly cooked and warm, in room temperature or after a few hours in the fridge. Enjoy!