

LOUBIYEH BIL ZEIT

Meatless Green Bean Stew



INGREDIENTS

1 lb. fresh or frozen cut green beans
1 large onion, chopped
4 garlic cloves
3 tablespoons olive oil
Salt and pepper to taste
¼ teaspoon allspice
1 15-oz can diced tomatoes with liquid, or 4 fresh ripe tomatoes, peeled and diced
½ cup water

INSTRUCTIONS

If using fresh green beans trim and cut into 2-inch pieces; wash and drain.

Heat oil in sauté pan; add onions and garlic, and sauté until onions are lightly browned. Add beans to onions and garlic, stir together. Season with salt, pepper and allspice, lower heat, and cook covered for about 10 minutes until beans are barely tender. Stir occasionally.

Add water and tomatoes with their liquid and bring to a boil. Lower heat and simmer about 15 minutes longer. Adjust salt as desired.

Serve warm with pita bread or cooked rice.