

Lisa Bartzis Dietitian & Nutritionist Nutrition Compass

Fasolakia Ladera



Ingredients

- 1kg green beans (Fresh or frozen)
- 1 cup extra virgin olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, crushed
- 700g potatoes, peeled and cut into small pieces
- 400g tinned tomatoes
- 1tbs tomato paste

Method

1. Heat $\frac{1}{4}$ cup of olive oil in medium pan
2. Add garlic and onion, sauté
3. Add potatoes and sauté for 2 mins
4. Add green beans and sauté for further 2 mins
5. Add tomato paste and tinned tomatoes, simmer for 5 mins
6. Add 2 cups of water and $\frac{1}{4}$ cup olive oil.
7. Reduce temperature to low, cover and leave to cook for approx. 45 minutes or until potatoes have softened.

Note, check stew 10 – 15minutes and add $\frac{1}{2}$ cup more water if required.

7. Stew is ready once sauce has thickened and potatoes are softened.