

Green Beans Simmered with Tomato

The tomato disintegrates and turns into a sauce for the beans

Ingredients

Item	Single Batch	Double Batch	Preparation/Notes
olive oil	2Tbsp	4Tbsp	
small white onions	2	4	sliced into thin rounds
carrot	1	2	sliced into thin rounds
garlic clove	1	2	finely chopped
green beans	1½lb	3lb	tipped and cut into 2-inch lengths
large ripe tomato	1	2	peeled, seeded, and diced
parsley	2tsp	1Tbsp + 1tsp	chopped
summer savory	2tsp	1Tbsp + 1tsp	
dill	2tsp	1Tbsp + 1tsp	
lovage	2tsp	1Tbsp + 1tsp	
salt and pepper			to taste

Instructions

Heat the oil in a medium or large skillet, add the onions and carrots, and cook over medium heat until soft and translucent, about 4 minutes.

Add the garlic, beans, tomato, and enough water just to cover. Simmer until the beans are tender, then add the herbs and simmer 1 or 2 minutes more. Timing will depend on the age and size of the bean. Season with salt and pepper to taste.

Serve hot, tepid, or even chilled.

Yield

Single Batch: 4 large servings

Double Batch: 8 large servings