

doctor shiff's garden grown string bean and tomato recipe

serves 4

ingredients:

2 pounds string beans,
with ends cut off
3 tomatoes, quartered
1 large onion, chopped
4 garlic cloves, chopped
4 tablespoons olive oil
1 bouquet garni (bay leaf,
parsley and thyme
salt and pepper to taste

Heat oil in large saucepan. Add chopped onions and cook several minutes. Add tomatoes and garlic and cook several more minutes. Add string beans, bouquet garni, salt and pepper and cook over medium heat covered for 1 hour and a half.

