

# Fasolakia (Greek Green Beans)



Fasolakia are Greek green beans stewed with olive oil and tomato, with a few pieces of potato added for good measure. This is a main dish in Greece, not a side dish, and a prime example of plant-based eating! Good crusty bread is essential for mopping up the sauce and I always need to have a healthy chunk of feta on the side. Serve fasolakia warm or at room temperature for best flavor.

By Diana Moutsopoulos

**Prep:** 15 mins

**Cook:** 35 mins

**Total:** 50 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

¼ cup olive oil

1 small onion, grated

1 ½ pounds fresh green beans, trimmed

4 tomatoes, pureed

2 yellow potatoes, peeled and cut into wedges

½ teaspoon salt, or to taste

ground black pepper to taste

1 pinch white sugar (Optional)

water to cover

## Directions

### Step 1

Heat olive oil in a large saucepan over medium heat and stir in onion. Cook until onion has softened, about 5 minutes. Add green beans and stir to coat in the oil. Cook, stirring occasionally, 2 to 3 minutes. Add pureed tomato, potatoes, salt, pepper, and sugar. Stir well, then add water until beans are barely covered.

### Step 2

Bring to a simmer, partially cover with a lid, and cook gently over medium-low heat until green beans and potatoes are soft, 25 to 30 minutes. Uncover towards the end of cooking to reduce sauce if it is too watery.

## Cook's Notes:

If you can find them, use Romano beans, also called runner beans. These are the green beans traditionally used in Greece for fasolakia. If you use them, be sure to peel the stringy sides off of the beans using a vegetable peeler, and trim the ends.

## Tips

I usually add more olive oil than called for here; add 1 to 2 tablespoons more, or to taste, for a delicious result.

## Tips

For some protein, you can brown 4 to 6 skinless chicken drumsticks in the olive oil before adding the onion, then follow the recipe as written.

### **Nutrition Facts**

**Per Serving:** 289 calories; protein 6.8g; carbohydrates 38.6g; fat 14.1g; sodium 316.7mg.

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