

Stewed Green Beans

Serves six as a side dish



Ingredients

- 3 tablespoons olive oil
- 1 medium brown onion, halved and thinly sliced
- 2 cloves garlic, minced
- 2 pounds trimmed green beans (either fresh or frozen)
- 1 can petite diced tomatoes
- 1 tablespoon tomato paste
- ½ cup tomato sauce
- ½ teaspoon cinnamon
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground pepper
- ½ lemon

Steps

1. In a medium-size pot begin heating olive oil over medium-high heat. Add the onions and saute until translucent – about 5 minutes. Add the garlic and green beans and cook for 3 more minutes before adding the diced tomatoes, tomato sauce and tomato paste. Stir well and add the salt, cinnamon and pepper.
2. Cover pot with lid and allow the green beans to simmer on low for 30 minutes (stirring occasionally) – or until the beans are very tender. Taste for seasoning. Serve hot or at room temperature and if desired squeeze lemon juice on the top.