

Eat Smart • Move More

Greek Green Beans & Tomatoes

Prep Time: 15 minutes

Total Time: 1 hour and 5 minutes



Ingredients

2 teaspoons olive oil
2 onions, diced
2 garlic cloves, minced
2 pounds green beans, rinsed, snapped, and stringed
2 cups water
2 tomatoes, diced
1 bell pepper, sliced
1 bunch parsley, finely chopped
1/8 teaspoon ground black pepper



Directions



1. In a pot or skillet, heat oil over medium heat.



2. Add onions to the pot and sauté until softened. Add garlic and continue to sauté until mixture is soft and lightly browned.



3. Add remaining ingredients. Stir well and cover the pot. Simmer for 50 minutes or until beans are tender. Add more water if needed during cooking.

Quick Tips

- If you prefer your green beans crisper, cook for just 10-20 minutes.
- You can substitute canned low-sodium diced tomatoes for fresh.
- Remember to always rinse fresh vegetables before using.

Nutrition Facts

6 servings per container

Serving size 1 serving
(342.68g)

Amount per serving
Calories 70

		% Daily Value*
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	7g	3%
Dietary Fiber	6g	21%
Total Sugars	7g	
Includes g of Added Sugars		
Protein	5g	
Vitamin D	0mcg	0%
Calcium	89mg	6%
Iron	2mg	15%
Potassium	684mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from Food Supplement Nutrition Education Program, University of Maryland Extension recipes, as listed at: <https://www.whatscooking.fns.usda.gov/>)

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