



# Green beans in olive oil

## Ingredients (serves 10)

- 2 kg green beans, wide
- 5 medium onions
- 1 kg tomatoes
- 3 tbsp tomato paste
- 150 ml olive oil
- 2 - 3 tsp salt
- 2 - 3 tsp sugar
- Pepper
- 1 kg yoghurt, natural
- 5 cloves garlic

## Variations

Replace green beans with french beans  
Add 1 tbsp savory, dried

## Side dishes

White bread, rice, potatoes,  
bulgur...



## Preparation

### Beans

1. Wash and clean the beans, removing the strings. Cut the beans into pieces about 4 - 5 cm long.
2. Peel and finely chop the onions. Remove the stalks from the tomatoes and dice.
3. Knead the beans, tomatoes and onions with the olive oil, salt and sugar so that the tomatoes release their juice.
4. Cover and cook over a high heat for about 10 minutes, without opening the lid. Shake the pot a few times to prevent the vegetables from sticking.
5. Mix the tomato paste with 500 ml water and add. Stir and cook the beans, covered, over a medium heat for 20-30 minutes until tender. Season with salt and pepper.

### Garlic yoghurt

6. Dice the garlic, mix with salt and mash finely with a fork, blend into the yoghurt.
7. Serve the beans with garlic yoghurt. Feta cheese also tastes good with it.

