

Green Beans “Stewed” with Tomato & Garlic



Ingredients:

2-3 tbsp. extra virgin olive oil
1 Spanish onion, sliced thin
4-6 garlic cloves, peeled and sliced thin
red pepper flakes to taste
sea salt and cracked black pepper
2 cans stewed tomatoes or fresh chopped
1/2 cup red wine vinegar
1/2 cup organic cane sugar
1-2 cans chicken stock
1 lb. green beans, trimmed
parmesan cheese grated to taste
fresh basil, chopped to taste

Method: in a large sauce pot over medium-high heat add oil and onions. Cook 3-5 minutes, stirring. Add garlic and red pepper flakes. Cook 2-3 minutes, stirring. Season to taste. Add tomatoes, vinegar, sugar and chicken stock. Mix well. Add beans and bring to a low simmer covered. Cook 45 minutes to 1 hour stirring from time to time. Serve garnished with parmesan cheese and fresh chopped basil.