

Green Beans with Olive Oil

Classic Turkish Green Beans with Olive Oil recipe. This healthy Mediterranean dish is perfect as a side or light meal with rich flavors and simple ingredients.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 lb green bean
- 0.5 cup olive oil
- 0.5 cup sunflower oil
- 4 tomato
- 1 onion
- 3 clove garlic
- 0.5 tbsp salt
- 2 cube granulated sugar
- 2 cup water

Instructions

1 Prepare the green beans

Wash 2 pounds fresh green beans under cold water. Trim both ends and remove any strings by snapping off the stem end and pulling along the length of the bean. Cut beans in half lengthwise.

2 Prepare the aromatics

Dice 1 medium onion into small pieces. Mince 3 cloves garlic. Grate 4 tomatoes using the large holes of a box grater, discarding the skins.

3 Build the base

Heat 1/2 cup olive oil in a large heavy-bottomed pot over medium heat. Add diced onion and cook until soft and translucent, about 4-5 minutes, stirring occasionally.

4 Add minced garlic and cook until fragrant, about 30 seconds, stirring constantly to prevent burning.

- 5 Add grated tomatoes and cook until they break down and form a thick sauce, about 6-8 minutes, stirring occasionally. The mixture should be slightly reduced and darkened.
- 6 **Add beans and seasonings**
Add prepared green beans, 1/2 tablespoon salt, and 2 bouillon cubes to the pot. Stir well to coat beans with the tomato mixture and cook for 3-4 minutes until beans are bright green.
- 7 **Simmer the beans**
Pour 2 cups hot water over the beans. Bring to a boil over high heat, then reduce heat to low, cover, and simmer for 20-25 minutes until beans are tender when pierced with a fork.
- 8 Remove lid and increase heat to medium. Cook for 5-8 minutes until most of the liquid has evaporated and the sauce coats the beans, stirring occasionally.
- 9 Taste and adjust seasoning with additional salt if needed. Remove from heat and let rest for 10 minutes to allow flavors to meld before serving warm or at room temperature.

Tips

Choose fresh, young green beans that snap crisply - they'll have the best texture and flavor when cooked.

Don't skip the step of removing the strings from the green beans, as they can make the dish unpleasantly fibrous.

Use a heavy-bottomed pan or Dutch oven to prevent sticking and ensure even heat distribution during the slow cooking process.

Grate the tomatoes instead of chopping them for a smoother sauce that coats the beans better.

Cook the dish uncovered for the last 10 minutes to allow excess liquid to evaporate and concentrate the flavors.

Taste and adjust seasoning near the end of cooking, as the flavors will have developed and concentrated during the cooking process.

Let the dish rest for at least 15 minutes before serving to allow the flavors to meld and the temperature to settle.

Drizzle with a bit of fresh olive oil and a squeeze of lemon juice just before serving for extra freshness.