

braised green beans and tomatoes

This dish is so much greater than the sum of its parts. I ate beans this way in Calabria, in Southern Italy. All you need is a little patience and some good green beans and a few tomatoes. You'll want to eat this for breakfast, lunch and dinner—possibly topped with a fried or poached egg.

This dish is wonderful with the wider, flat Romano beans as well as any kind of pole or bush bean. And make as much or little as you want but it does reduce down quite a bit and is so good that you'll want plenty!

- Katherine Deumling, [Cook With What You Have](#)

Serves 4

INGREDIENTS

Olive oil

1 1/2 -2 lbs green/wax/Romano beans, cut into 3-inch lengths

½ large onion, diced

3 medium-large tomatoes, diced

Salt and freshly ground pepper

Good olive oil for serving

DIRECTIONS

In the largest skillet you have, heat 1-2 tablespoons olive oil over medium-high heat. Add the onions and beans and several big pinches of salt and sauté, stirring frequently for about 10 minutes over fairly high heat—a little browning is great. Add the diced tomatoes, stir well again and bring everything to a brisk simmer. Then turn the heat down and cover the pan and cook gently for about 20-30 minutes until the beans are very tender, the tomato is broken down and coating the beans. Taste for seasoning and serve drizzled with more olive oil.

cookfirstpdx.org

