

fossolia

Ethiopian green beans and carrots

In Middle Eastern countries, the word “fossolia” can either be used generically to refer to all kinds of beans, or it can also refer specifically to green beans. Many bean dishes throughout the Middle East are warm stews. The adopted version of this dish, for Ethiopians, “fossolia” usually refers to a stir fry of green beans, carrots, and sometimes potatoes.

I love to eat fossolia especially in the summer. It's the perfect time here in the United States when green beans are fresh off the vines and in the farmer's markets.

The natural sweetness of the carrot gives a nice contrast to the earthiness of the green beans and softens the sharpness of the ginger. Like so many Ethiopian dishes, fossolia is very easy to customize based on your desired texture, spice level, and available ingredients.

Try it out a few different ways to see what you like best!

- Eleni Woldeyes, [Eleni's Kitchen](#)

Serves 4-6

INGREDIENTS

- 1 medium yellow onion, cut length wise
- 3 tablespoons oil (your favorite oil)
- 4 teaspoons minced garlic
- 1 teaspoon minced ginger
- 4 cups green beans, trimmed and cut in half
- 4 cups carrots, cut in small 2 inch sticks
- Salt to taste

DIRECTIONS

Put the onions in a medium skillet and sautee for about 5 minutes, on a medium heat. Add the oil, garlic and ginger and cook for another 2 minutes, stir occasionally. Add the carrots and a little bit of water, cook for 10 minutes stirring occasionally. Add the green beans and stir to combine. Continue adding water as needed to avoid sticking. Cook for 25 more minutes or until beans and carrots are soft. Add salt to taste.

TIP I teach this dish in one of my cooking classes, and I notice my students here prefer their carrots and green beans a little crunchy (whereas in Ethiopia we tend to cook the vegetables until they are very soft). So, when you cook this dish, taste throughout to get it to your desired doneness.

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