

Fasolakia




Ingredients



- 2-3 tbsps. EVOO
- 1 onion, finely chopped
- 3-4 cloves of garlic
- 3 carrots, peeled & chopped
- 1 - 28 oz. can diced tomatoes
- 2 bags fresh or frozen green beans (We used fresh.)
- Dash of cinnamon
- Dash of turmeric
- ½ tsp. salt
- ½ - 1 tsp. ground black pepper
- 1.5 tsp. dried oregano
- 2 tbsps. Fresh parsley
- Optional: Two potatoes, peeled & chopped

Directions

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1. Wash hands for 20 seconds using warm water and soap, making sure to wash your wrist, in between your fingers, and underneath your fingernails.
 2. Make sure all fresh produce is washed. Cut onion, garlic, carrots, and potatoes.
 3. Add everything into a pot, and cook over medium high heat for 45 minutes, or until all the vegetables are tender. Cook covered, while stirring occasionally.
 4. Serve and Enjoy!

Nutritional Information



- Serving Size = 1 cup
- Calories: 219
- Carbohydrates:
36.8g
- Protein: 6.8g
- Fat: 14.1g