

loubi be zeit

Ingredients

- 1 onion (diced)
- 4 garlic cloves (finely chopped)
- 1.5kg flat green beans (chopped)
- 3tbsp rice bran oil
- 2 cans tomatoes or 2-3 fresh tomatoes (cut into chunks)
- 1 tbsp sea salt
- ½ tsp cracked black pepper
- ½ tsp ground all spice
- ½ tsp dry mint or freshly chopped mint
- 1 can cannellini beans or mixed beans

Method

- Heat the oil in a saucepan then sauté the onions until golden brown
- Add the green beans, canned beans & spices. Stir to combine ingredients
- Cover & allow to simmer on low heat for 15 minutes
- Add the tomatoes & allow to simmer for a further 10 minutes
- Can be served hot or cold