

... Everything ...
HERBAL
By Cheryl Jabz



NATURAL • FAITH • WELLNESS

Classic GREEK FASOLAKIA

GREEN BEANS IN TOMATO SAUCE

A simple, healthy & hearty Greek classic made with fresh green beans, tomatoes, olive oil, and aromatic herbs.



AUTHENTIC
GREEK
FLAVOR

INGREDIENTS

- 1½ lbs fresh green beans, trimmed
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- ¼ cup extra virgin olive oil
- 1 (14 oz) can crushed tomatoes
- 1 (6 oz) can tomato paste
- 1 cup water (or vegetable broth)
- 1 tsp dried oregano
- ½ tsp dried dill (optional)
- 1 bay leaf
- Salt and black pepper, to taste
- 2 Tbsp fresh parsley, chopped
- Juice of ½ lemon (optional)

GOODNESS IN EVERY BITE



NATURAL & NUTRITIOUS

Green beans are rich in fiber, vitamins A, C & K.



HEART HEALTHY

Olive oil and herbs support a healthy heart.



LOW IN CALORIES

A light, plant-based dish full of flavor.

PERFECTLY SERVED WITH:

- ♥ Lemon Roasted Potatoes
- ♥ Crusty Greek Bread
- ♥ Feta Cheese
- ♥ Grilled Chicken or Fish



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NATURAL
INGREDIENTS



FAITH
INSPIRED



HERBAL
LIVING



MADE WITH
LOVE

DIRECTIONS

- PREPARE GREEN BEANS:** Wash and trim the ends of the green beans. Cut in half if desired.
- SAUTÉ AROMATICS:** In a large pot, heat olive oil over medium heat. Add onion and sauté until soft and translucent, about 5 minutes. Add garlic and cook for 1 minute more.
- ADD TOMATOES & HERBS:** Stir in crushed tomatoes, tomato paste, water (or broth), oregano, dill (if using), bay leaf, salt, and pepper. Bring to a gentle simmer.
- ADD GREEN BEANS:** Add the green beans to the pot. Stir well to coat in the sauce.
- SIMMER:** Cover and simmer on low heat for 35–45 minutes, or until the beans are tender and the sauce has thickened. Stir occasionally.
- FINISH:** Remove bay leaf. Stir in lemon juice (if using) and chopped parsley. Adjust seasoning to taste.
- SERVE:** Serve warm or at room temperature. Perfect as a main dish or a side.

CHEF CHERYL'S TIPS

- For extra richness, add 1 small chopped potato with the beans.
- Let it rest 10 minutes before serving for even more flavor.
- A squeeze of lemon brightens the dish beautifully!

Proverbs 15:17
(KJV)

"Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."



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