

# Zeytinyağı Yeşil Fasulye

Traditional Turkish green beans in olive oil (Zeytinyağı Yeşil Fasulye) - a healthy Mediterranean dish perfect as meze or side dish.

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Zeytinyağı Yeşil Fasulye

## Malzemeler

- 1 kg green bean
- 0.5 cup olive oil
- 0.5 cup sunflower oil
- 4 tomato
- 1 onion
- 3 clove garlic
- 0.5 tbsp salt
- 2 cube granulated sugar
- 2 cup water

## Yapılışı

- Prepare the vegetables**

Wash 1 kg green beans under cold water and trim both ends. Remove any strings and cut beans diagonally into 2-inch pieces. Dice 1 onion finely and mince 3 cloves garlic.
- Grate the tomatoes**

Grate 4 tomatoes using the large holes of a box grater, discarding the skin that remains in your hand. Set the grated tomato aside.
- Cook the aromatics**

Heat 0.5 cup olive oil in a large heavy-bottomed pot over medium heat. Add the diced onion and cook, stirring occasionally, until soft and translucent, about 5 minutes.
- Add garlic and tomatoes**

Add the minced garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the grated tomatoes and cook, stirring occasionally, until most of the liquid evaporates and the mixture darkens, about 8-10 minutes.
- Add beans and seasonings**

Add the prepared green beans to the pot along with 0.5 tablespoon sugar and 2 bouillon cubes. Stir well to coat the beans with the tomato mixture and break up the bouillon cubes.
- Simmer the beans**

Pour in 2 cups hot water and bring to a boil over medium-high heat. Once boiling, reduce heat to low, cover the pot, and simmer for 25-30 minutes until the beans are tender when pierced with a fork.
- Finish and serve**

Remove from heat and let the dish rest in the covered pot for at least 30 minutes to allow flavors to meld. Taste and adjust seasoning with salt if needed. Serve at room temperature or slightly warm.

## ?puçlar?

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Choose fresh, bright green beans that snap crisply when bent - avoid any that are yellowing or feel limp.

Cut the beans uniformly to ensure even cooking. Traditional Turkish preparation calls for cutting them into 2-inch pieces both lengthwise and crosswise.

Use a heavy-bottomed pot or Dutch oven to prevent the beans from sticking and ensure even heat distribution.

Don't skip the sugar - it balances the acidity of the tomatoes and enhances the natural sweetness of the beans.

Allow the dish to rest for at least 30 minutes before serving to let the flavors meld together.

If the dish seems too dry during cooking, add hot water gradually rather than cold water to maintain the cooking temperature.

Taste and adjust seasoning at the end of cooking, as the flavors concentrate as the liquid reduces.

For the best flavor, use ripe, in-season tomatoes and grate them fresh rather than using canned tomatoes.