Lebanese Loubieh

NIBBLEDISH CONTRIBUTOR

Ingredients

This is a lebanese dish, popular in the middle east region.

- 400 gms of green beans
- 1 sweet onion (white)
- 3 cloves of garlic
- 2 large tomatoes chopped
- 1/2 cup olive oil
- Pepper
- Salt

Instructions

1. Heat the olive oil in the pan and cook the onion until it turn soft
2. Add the garlic till aroma
3. Sautee the green beans till soft. It will take about 5 mins
4. Add the chopped tomatoes (You can add tomatoes paste or puree if you wish). Cook till the tomatoes become very tender
5. Add a little water and bring to a boil
6. Simmer until the beans absorb the sauce.
7. Season with pepper and salt

This dish can be served cold. Keep it overnight in the fridge, it will taste even better the next day.