Savory Green Beans

This flavorful dish works great with fresh or frozen green beans. Mexican oregano is typically found in the “Latin” section of most grocery stores. It is more pungent than the version commonly found, so if you are using the regular variety you might add a bit more to get the same flavor.

Recipe provided by: Milette Siler, RD, LD, CCMS

Ingredients:

- 1 lb Green Beans
- 1 each Roma Tomato, diced
- ½ each Small Red Onion, diced small
- 1-2 cloves Garlic, minced
- 1 each Whole Bay Leaf, crushed
- ½ tsp Mexican Oregano
- ¼ tsp Cumin
- 1 Tbsp Olive Oil
- 2 Tbsp Vegetable Stock, Chicken Stock, or Water
- To taste Salt and Pepper

Instructions:

1. Wash and trim green beans, snap in halves.
2. Heat large saucepan. Add olive oil to pan. Add onion, cook for 2-3 minutes.
3. Add garlic. Cook for 1 minute until fragrant.
4. Add bay leaf, oregano, and cumin. Stir for 1-2 minutes.
5. Add tomatoes and stock, cook for 2-3 minutes.
6. Add green beans, stirring to coat in mixture. Cover and cook until beans are softened to your preference (4-6 minutes).
7. Add salt and pepper to taste.