

# Greek Green Beans (Fasolakia)

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-greek-fasolakia-recipe>

## Ingredients:

- extra-virgin olive oil Quality
- 1 yellow onion large, finely chopped
- 5 garlic cloves minced
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 28 ounces tomato peeled whole
- 1 cup water
- 1 bay leaf
- 1 1/2 pounds french green beans fresh, trimmed and cut into 1 1/2-inch pieces
- 3 gold potatoes Yukon, about 1 lb, cut into small piece, 1/2 to 3/4-inch pieces
- salt
- black pepper
- lemon juice
- 1/2 cup fresh parsley leaves chopped

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 37 grams
3. Fat: 4.5 grams
4. Fiber: 11 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 190 milligrams
8. Sugar: 10 grams

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