

Greek Beans (Gigantes Plaki)

Yield: 4 min

Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-gigantes-plaki-recipe>

Ingredients:

- 1 pound beans dried gigantes, See Note 1
- 14 ounces crushed tomatoes
- 4 cloves garlic minced
- 1 1/2 cups yellow onions chopped, 2 large onions
- 1/2 cup chopped celery 2 stalks
- 1/3 cup finely chopped flat leaf parsley plus more for garnish
- 1/3 cup chopped fresh mint
- 1 tablespoon dried oregano
- 1 tablespoon kosher salt
- 1 teaspoon red pepper flakes
- 1 cup olive oil
- 1 cup water
- 2/3 cup crumbled feta cheese

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 20 milligrams
4. Fat: 59 grams
5. Fiber: 8 grams
6. Protein: 9 grams
7. SaturatedFat: 11 grams
8. Sodium: 2230 milligrams
9. Sugar: 7 grams

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