

Middle-Eastern Slow Cooked Green Beans

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-roast-chicken-recipe>

Ingredients:

- 1/4 cup extra virgin olive oil
- 2 cups yellow onion thinly sliced
- 1 1/2 pounds green beans clipped and cleaned
- 3 garlic cloves minced
- 1 teaspoon pomegranate molasses
- 1/2 lemon
- 1 teaspoon allspice
- 14 ounces chopped tomatoes
- 2 teaspoons tomato paste
- kosher salt
- ground pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 29 grams
3. Fat: 14 grams
4. Fiber: 9 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 240 milligrams
8. Sugar: 13 grams

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