

Slow Roasted Broad Beans

INGREDIENTS

2# Broad Beans also called Roma Beans, trimmed and cut into bite size pieces if really long*

3 cloves garlic, smashed

1 cup diced onion

2 medium tomatoes, grated**

1 tablespoon salt

1 teaspoon black pepper

¼ teaspoon red pepper flakes

2 bay leaves

1 cup water

1/3 cup extra virgin olive oil

DIRECTIONS

Preheat oven to 350 degrees. Combine all ingredients in a heavy pot (like a soup pot or braiser), cover with parchment paper, and then the lid. Stir every half hour. This helps the beans cook evenly. The beans are done when they are tender, about 2 hours.***

*Can also use regular green beans too

**Cut raw tomato in half horizontally. Place cut side against the coarse side of a box grater. Grate all flesh until just left with skin. Can also use 1 cup canned, diced tomato

***This recipe can also be made in a crockpot! Just combine all ingredients and cook on low for ~6 hours



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