

Greek Ragout of Green Beans, Potatoes and Vine-Ripened Tomatoes

2 Tbsp. extra-virgin olive oil
2 medium onions, quartered and very thinly sliced
2 cloves garlic, finely chopped
2 pounds waxy potatoes, peeled and cut into 1-inch pieces
2 pounds vine-ripened tomatoes, cored and coarsely chopped (or 1 28-oz. can diced tomatoes)
¾ pound trimmed fresh green beans
1 15-oz. can chickpeas, drained
½ tsp. dried oregano
¼ tsp. sugar
Salt and freshly-ground black pepper, to taste

Juice of half a medium lemon (about 1½ tablespoons)

In a large deep-sided skillet with a lid, heat the oil over medium-low heat. Add the onions and garlic and cook, stirring occasionally, until the onions are very tender, about 15 minutes. Add the potatoes, tomatoes, green beans, chickpeas, oregano, sugar, salt and pepper. Bring to a brisk simmer over medium-high heat. Reduce the heat, cover, and simmer gently for one hour, stirring occasionally, or until the vegetables are tender but not mushy.

Uncover the skillet and add the lemon juice, stirring well to combine. Increase the heat to medium-high and bring to a brisk simmer; cook, stirring occasionally and adjusting the heat to maintain a brisk simmer, until the liquids are reduced by about half, five to ten minutes. Season with additional salt and pepper as necessary. Serve warm.

4 servings

Per serving: 390 calories; 13g protein; 10g fat; 63g carbohydrate; 0mg cholesterol

Source: *The Mediterranean Vegan Kitchen* by Donna Klein, The Berkeley Publishing Group, 2001 ISBN 1557883599 (modified by jgm)