

# Italian Green Beans

By Ceezie on August 12, 2008

★★★★★ 1 Reviews



**Prep Time:** 20 mins **Total Time:** 1 hrs 5 mins **Servings:** 10

## About This Recipe

"Basil, oregano and Romano cheese give these beans their Italian accent. I serve them with broiled steak, pork roast, lamb chops or pork chops.

-Recipe Source- TOH -Andrea Ibazag, Gordon, Wisconsin"



Photo by morgainegeiser

## Ingredients

- 1 small onions, chopped
- 2 tablespoons olive oil
- 2 -3 garlic cloves, minced
- 1 (14 1/2 ounce) cans stewed tomatoes, coarsely mashed
- 1/2 cup water
- 3 tablespoons minced fresh oregano or 1 tablespoon dried oregano
- 4 1/2 teaspoons minced fresh basil or 1 1/2 teaspoons dried basil
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4-1/2 teaspoon fresh coarse ground black pepper
- 2 lbs fresh green beans, cut into 1-inch pieces
- 2 tablespoons grated romano cheese or 2 tablespoons parmesan cheese

## Directions

1. In a small saucepan, saute onion in oil until tender. Add garlic; saute 1 minute longer. Add the tomatoes, water, oregano, basil, sugar, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 40 minutes.
2. Meanwhile, place beans in a large saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain. Add tomato mixture and cheese; cook for 5 minutes or until heated through.

<b>Nutrition Facts</b>		<b>Amount Per Serving</b>	<b>% Daily Value</b>
Serving Size: 1 (161 g)			
Servings Per Recipe: 10			
<b>Amount Per Serving</b>	<b>% Daily Value</b>		
<b>Calories 81.1</b>			
Calories from Fat 33	41%		
		<b>Total Fat 3.7g</b>	<b>5%</b>
		Saturated Fat 0.9g	4%
		<b>Cholesterol 2.9mg</b>	<b>0%</b>
		Sugars 3.9 g	
		<b>Sodium 370.7mg</b>	<b>15%</b>
		<b>Total Carbohydrate 10.8g</b>	<b>3%</b>
		Dietary Fiber 3.8g	15%
		Sugars 3.9 g	15%
		<b>Protein 3.1g</b>	<b>6%</b>

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