

Lubya Recipe (green bean stew)

{youtube}aD1nPM-hxh8{/youtube}

Description

Green bean stew, better known as Lubya, is wonderful and healthy Mediterranean dish that incorporates both protein and vegetables with a robust flavor. This dish is very versatile and can be cooked with beef, lamb, chicken or you can omit the meat and make it a vegetarian dish. It is traditionally served with rice and is an all around crowd pleaser.

Recipe

2 lbs. fresh or frozen cut green beans

1.5 lb cooked cube beef(shank)

or lamb or chicken

1 16oz can plain tomato sauce

1 cup chopped cilantro

1 cup chopped onion

8-10 cloves minced garlic

2-4 cups broth

1/4 cup olive oil

1/2 to 1 tsp salt

1/2 tsp black pepper

Follow step instructions in video. Cook green beans and onions in olive oil until slightly tender. Add cilantro and garlic and toss. Add tomato sauce, broth, salt and pepper and cook for 15 minutes. Serve with rice. See rice video for recipe.