
Green Beans

Simple green beans infused with
a little shortcut the process?

MEDITERRANEAN BRAISED GREEN BEANS

SERVES 4 TO 6 AS A SIDE DISH

A dollop of yogurt spooned over the beans adds nice tang. To make a light entrée, serve the beans with rice or crusty bread. For our free recipe for Mediterranean Braised Green Beans with Potatoes and Basil, go to www.CooksIllustrated.com/oct12.

- 5 tablespoons extra-virgin olive oil
- 1 onion, chopped fine
- 4 garlic cloves, minced
- Pinch cayenne pepper
- 1½ cups water
- ½ teaspoon baking soda
- 1½ pounds green beans, trimmed
and cut into 2- to 3-inch lengths
- 1 tablespoon tomato paste
- 1 (14.5-ounce) can diced tomatoes, drained
with juice reserved, chopped coarse
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped fresh parsley
- Red wine vinegar

1. Adjust oven rack to lower-middle position and heat oven to 275 degrees. Heat 3 tablespoons oil in Dutch oven over medium heat until shimmering. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes. Add garlic and cayenne and cook until fragrant, about 30 seconds. Add water, baking soda, and green beans and bring to simmer. Reduce heat to medium-low and cook, stirring occasionally, for 10 minutes. Stir in tomato paste, tomatoes and their juice, salt, and pepper.

2. Cover pot, transfer to oven, and cook until sauce is slightly thickened and green beans can be easily cut with side of fork, 40 to 50 minutes. Stir in parsley and season with vinegar to taste. Drizzle with remaining 2 tablespoons oil and serve warm or at room temperature.

MEDITERRANEAN BRAISED GREEN BEANS WITH MINT AND FETA

Add ¾ teaspoon ground allspice with garlic and cayenne. Substitute 2 tablespoons chopped fresh mint for parsley. Omit 2 tablespoons oil in step 2. Sprinkle green beans with ½ cup crumbled feta cheese before serving.
