

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- July, 2015 -

GREEN BEANS

PORTUGUESE STYLE GREEN BEANS

1 lb. Green beans, trimmed

1 TBL Olive oil

1 medium onion, chopped

1 medium tomato, chopped

3 cloves of garlic, minced

1/2 bay leaf

1/2 c. Water

1/2tsp. Ground cumin

3 TBL vinegar

***Optional: 1/4 tsp red peppier flakes**

***Optional 1/4 lb. Cooked, minced linguicia**

Heat oil in a large skillet. Sauté onions until golden, add tomato, garlic, bay leaf, green beans, water, salt, cumin and vinegar. Simmer until the beans are tender, about 12 minutes. Add the optional linguicia and red pepper flakes.

Recipe by Robin Forte



For more information visit

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