



Green beans in tomato sauce and sausage

15'
Hands on

40'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 1 onion
- 1 clove(s) of garlic
- 2 tablespoon(s) olive oil
- 250 g sausage, country
- 500 g potatoes
- 1 tablespoon(s) thyme
- 1 teaspoon(s) coriander, seeds
- 1 tablespoon(s) tomato paste
- 50 g white wine
- 300 g water
- 400 g canned tomatoes
- 1 chicken bouillon cube
- salt
- pepper
- 600 g flat green beans, frozen
- 1/2 bunch dill
- 1/2 bunch mint

Method

- Place a **pot** and a **frying pan** over high heat and add 1 tablespoon olive oil in each one.
- **Cut** the sausage into rounds and add them into the hot frying pan. Sauté until golden.
- Coarsely chop the onion, garlic, add them to the pot, and sauté.
- Cut the potatoes into small pieces and add them to the pot. Add the coriander, thyme, and sauté for 2-3 minutes.
- Transfer the sausages from the frying pan to the pot, add the tomato paste, and sauté.
- Deglaze the pot with the wine and as soon as it evaporates, add the water, tomatoes, bouillon cube, salt, pepper, green beans, and mix. Cover with the lid and simmer at medium-low heat for 40 minutes.
- Finely chop the dill and mint, without the stems, and add them to the pot.
- Remove from the heat and serve with bread slices, feta cheese, oregano, olive oil, pepper, and mint leaves.

To serve

- slices bread
- 100 g feta cheese
- 1 tablespoon(s) oregano
- 1 tablespoon(s) olive oil
- pepper
- mint leaves

Διατροφικός πίνακας

Nutrition information per portion

320 Calories (kcal)	18.0 Total Fat (g)	4.7 Saturated Fat (g)	25.0 Total Carbs (g)
16%	26%	24%	10%
8.8 Sugars (g)	11.0 Protein (g)	6.8 Fibre (g)	1.1 Sodium (g)
10%	22%	27%	18%