



Greek baked giant beans – Gigantes

20'
Hands on

12 hours'
Hands off

135'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 500 g giant beans
- salt
- 70 g olive oil
- 1 onion, dry
- 3 sprig(s) celery
- 2 carrots
- 1 red bell pepper
- 2 clove(s) of garlic
- 1 stick(s) cinnamon
- 2 bay leaves
- 1 tablespoon(s) granulated sugar
- 1 tablespoon(s) tomato paste
- 50 g white wine
- 400 g canned tomatoes
- lemon zest, of 1 lemon
- 1 sprig(s) rosemary
- 300 g water
- 1 chicken bouillon cube
- pepper
- 2 spring onions
- 1/2 bunch celery leaves

To serve

- parsley
- feta cheese
- pepper
- olive oil
- chili flakes
- bread

Method

- Soak the giant beans in a bowl full of water and some salt for 12-24 hours. When ready, drain and rinse under running water to remove the salt.
- Preheat oven to 180* C (350* F) Fan.
- Transfer beans to a **pot**, add water and place over heat.
- When the water comes to a boil, simmer for 1 hour until they soften. When ready, drain and set aside.
- Place the same pot over heat and add olive oil.
- **Coarsely chop** the onion, celery leaves, carrots, red pepper and garlic. Add to the pot along with cinnamon stick, bay leaves, sugar and tomato paste. Mix.
- Add the white wine and wait for the alcohol to evaporate. Add the chopped tomatoes, water, lemon zest, rosemary, bouillon cube, pepper, salt and giant beans. Mix.
- Remove pot from heat.
- Finely chop the spring onions and celery leaves and add to pot. Transfer contents of pot to a **25x35 cm ovenproof baking dish**. Cover with aluminum foil and bake for 1 hour and 15 minutes.
- Taste the beans every 15 minutes. When they soften, remove aluminum foil and bake for 15 minutes.
- **Serve** with finely chopped parsley, feta cheese, pepper, olive oil, chili flakes and fresh bread.

Διατροφικός πίνακας

Nutrition information per portion

313 Calories (kcal)	10.0 Total Fat (g)	1.5 Saturated Fat (g)	39.0 Total Carbs (g)
16%	14%	8%	15%
10.0 Sugars (g)	13.0 Protein (g)	4.9 Fibre (g)	0.54 Sodium (g)
11%	26%	20%	10%