

A Recipe from  
Thomas Buckborough & Associates

## Lebanese String Beans with Tomato and Olive Oil

While attending a dinner party a few weeks ago, I was served an absolutely addicting green bean dish called lubiyeh in Arabic. What sets this apart from the Italian green beans and stewed tomato recipes that I've had in the past is the addition of allspice. Hope you give this a try!



1 1/2 lbs green beans, cleaned  
1/2 lb carrots cut into small sticks  
2 - 3 large onions, halved and then sliced  
3 -4 cloves garlic, minced  
1/4 C extra virgin olive oil (flavor matters!)  
16 oz can of diced tomatoes in tomato juice  
approx 1/2 tsp salt  
approx 1/8 tsp pepper  
1/2 tsp allspice (or arabic spice blend)

Saute the onion in olive oil on medium heat until softened and translucent. Add green beans, saute until they get a bit of color and onion turns golden. Add garlic, saute another minute, then add tomatoes, salt, black pepper and allspice. Cover tightly and simmer until the string beans are cooked to your liking, but definitely on the soft side, at least 12 or 15 minutes, or even more if you like. -- Can be served either warm or cold.

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