



A RECIPE BY TERRY

## Fasoulakia

### ingredients

- 2 cans French cut Green String Beans
- 1 plus 1/2 small cans of tomato sauce
- 1/2 large Onion
- 1 tbsp Olive oil for frying onion
- salt and pepper
- 1 shallow teaspoon red pepper (optional if you want it spicy)
- **optional** 1/2 lbs. middle chuck without the bone

Note: Let the string beans in tomato sauce boil low about 3-5 minutes or until desired thickness. Remove from heat and let sit 1/2 hour & reheat & serve; or refrigerate a few hours or overnight.

### directions

- Dice 1/2 onion and saute, brown (but do not burn - important) the onion in one tablespoon of oil.
- Add beans after draining most but not all the water out and into the pot, add the fried onions, tomato salt and pepper (to taste).
- Rinse tomato can with small amount of water and pour residual sauce in the pot.
- If beans are dry add more water, turn beans over by shaking pot.
- **Optional:** Wash the meat and add after cutting meat into two pieces.

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## BEANS & RICE - A LA SPIRANZA

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- 1 Glass Beans (fasula)      Salt & Pepper to taste
- 1 Large Onion
- 1 Tablespoon Oil
- 1 Shallow teaspoon Red Pepper
- 1/2 lbs. Middle Chuck without bone
- 3 Glasses Water

Wash beans thoroughly in lukewarm water, rubbing them. (As you dean them change from one pot to another). Brown (but do not burn-important) the onion in one tablespoon oil. Put beans in pot, add the fried onions red pepper, salt & pepper. Wash the meat and add after cutting meat into two pieces. Add the 3 glasses water, cook at least 2 hours, at a low boil. If beans are dry and require more water, turn beans over by shaking pot (do not use spoon) and add another 1/2 glass water.

SERVE with 1/2 glass cooked rice a la spiranza.