**Loobiya** (Green Bean Stew)

**COUNTRY**  
Armenia (Diaspora)

**SERVINGS**  
6

**INGREDIENTS**
- ¼ cup olive oil or vegetable oil
- 2 medium white onions
- 2 garlic cloves, minced
- 1 (15 oz.) cans green beans (French cut works well)
- 1 (15 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce

**PROCEDURE**
1. Cut onions in half lengthwise, then slice into thin slices.
2. Heat oil in large frying pan over medium heat. Sautee onions until soft and starting to brown, about 10 minutes.
3. Add garlic and sautee for 30 seconds.
4. Drain the water from the green beans and add, along with the tomatoes and tomato sauce, to the onion mixture. Mix in the tomato sauce.
5. Cook over medium heat for 10 minutes.

*Optional: for those interested in adding meat to the dish, sautee bite-size chunks of chicken breast or beef and add to the mixture in step 4.

**TOOLS NEEDED**
- Large frying pan or pot
- Large spoon or spatula
- Knife
- Stove

**TIME TO PREPARE**  
10

**TIME TO COOK**  
20

Recipe by Andy Ylitalo—3rd year PhD Student in Chemical Engineering