

## “*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

**TIME TO  
PREPARE**



10

**TIME TO  
COOK**



20

### TOOLS NEEDED

Large frying pan or pot  
Large spoon or spatula  
Knife  
Stove

### 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.
6. Serve over bulghur rice pilaf.

\*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.