

Fassolakia Lathera: Greek Green Bean Casserole

Vegetable dishes that are cooked with olive oil and tomatoes are referred to as *lathera* (lah-the-RAH) in Greek because the key ingredient is flavorful olive oil, or "lathi." The most popular vegetable to make "lathera style" is the green bean, but you can try this dish with small zucchini, okra, or peppers as well.

Ingredients

- 2 lbs. green beans (cleaned and trimmed)
- 1/2 cup olive oil
- 1 large onion (diced)
- 2 cloves garlic (minced)
- 2 to 3 medium potatoes (cut in large wedges)
- A large handful of baby carrots
- 1/2 cup chopped fresh parsley
- 2 tbsp. tomato paste
- 4 to 5 ripe tomatoes, skinned and crushed (substitute 1 cup canned crushed tomatoes)
- 1½ cups warm water
- 1 tsp. sugar
- 1 tbsp. chopped fresh dill
- Salt and pepper to taste

Steps to Make It

1. In a large Dutch oven or pot, heat the olive oil over medium-high heat. Add the onion and saute until translucent. Add the garlic and saute until fragrant, about one minute.
2. Add the green beans, potatoes, and carrots to the pot. Dissolve the tomato paste in the water and add, along with the crushed tomatoes, parsley, and sugar. Lower the heat to medium-low and simmer covered for about an hour or until the green beans are tender but not mushy.
3. In the last ten minutes of cooking, add the chopped fresh dill and season with salt and pepper to taste.