

Fasoulovtabas stov Foyrvo

Fa-sou-lon-ta-vas ston Four -no

Submitted by Theodore Georgacopoulos

Ingredients:

1 lb of aspra fasolia (white beans)
5 carrots, chopped coarse
5 legs of celery, chopped coarse
2 big onions, chopped coarse
1 quart of crashed tomatoes
4 pieces of fresh garlic, chopped fine
¼ cup of olive oil
2 spoons of mustard
1 cup of water from the boiled beans
1 bunch mint
Salt and pepper to taste

Directions:

Boil the beans until half cooked, drain and keep on the side. Save the water to use later. Sauté the onions with the garlic and celery, add the tomatoes and one cup of the bean water in the frying pan. Let it cook for 20 minutes. Place it in an oven pan and mix in the beans and some more water if needed. Place it in the oven without a cover and let it cook for about 45 minutes or until done and all the water has evaporated. Remove from the oven and let it cool off.

Place it in a plate and decorate it w/ olives green leaf lettuces, etc.. Dish can be served warm or cold. Bon Appetit & Enjoy!

Notes:

1. You can serve it as appetizer or meal itself with salad, rice or pasta
2. You can try your own combinations with other types of beans or more ingredients and test the recipe

“... Therefore a person must fight the passions with Fasting.

Therefore a person must first cleanse his mind and heart with these five words, ever saying in the depth of his heart, “Lord Jesus Christ have mercy on me,” *Introduction to the Philokalic Writings of St. Gregory of Sinai*

From Elder Basil of Poiana Marului: