

Yiayia's Fasolakia Me Patates Yiahni

Braised Green Beans and Potatoes

In Memory of Mary Tsmelis Ganacoplos



Submitted by Kathryn Ganacoplos- Lewis

Ingredients:

½ Red Onion
¼ Cup of Olive or Vegetable Oil
1lb Fresh Green Beans
4 Med. Potatoes (peeled and cut into quarters)
Or
6 Red Potatoes (skin on)
1 Cup of Vegetable Broth
½ tsp Salt
¼ tsp Dill
¼ tsp Pepper

Directions:

Sauté onions in oil until soft. Add green beans and dill. On top add potatoes, salt and pepper. Add vegetable broth. Cook until green beans and potatoes are tender.

“Keep the ordained fasts The Holy Fast of Forty Days (Tessarakoste - "Great Lent") is the greatest fast, one which every Christian must observe without grumbling. A person who possesses bodily health must not protest about the fast; and he is inexcusable if he does not keep it.”
Orthodox Gleanings