

Lebanese Braised Green Beans



An intensely flavorful tomato sauce elevates this Lebanese green bean dish.

Hussein Hadid demonstrated a handful of simple, home-style dishes, including loubieh bi zeit, Lebanese green beans, which was simplicity itself.

time of 20 to 25 minutes fully cooked the beans and allowed them to better absorb the flavors of the spice mixture.

A simple, home-style dish? Sure. When simplicity of technique meets complexity of flavor, that's perfection.

Lebanese Braised Green Beans

Start to finish: 40 minutes | Servings: 4

THE LEBANESE DISH called loubieh bi zeit, or green beans in olive oil, typically is prepared with

flat, sturdy runner beans. The beans are braised until tender in a tomato sauce that's sometimes seasoned with a mix of spices but always enriched with a glug of olive oil. For our version, we opted for easier-to-find standard green beans, and made a seasoning blend with a few common spices. We got the most flavor out of canned whole tomatoes by crushing and cooking them until thick and jammy, and using some of their juices as the cooking liquid for the beans.

Don't forget to reserve the tomatoes and 1 cup of their juices separately because they are added at different times during cooking.

— COURTNEY HILL

1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon grated nutmeg
¼ teaspoon ground cardamom
¼ teaspoon ground cinnamon
Kosher salt and ground black pepper
¼ cup extra-virgin olive oil
2 medium shallots, halved and thinly sliced
1½ pounds green beans, trimmed
28-ounce can whole peeled tomatoes, drained, 1 cup juices reserved, tomatoes crushed by hand and reserved separately

▪ **In a small bowl**, stir together the cumin, coriander, nutmeg, cardamom, cinnamon and 1 teaspoon pepper.

▪ **In a large Dutch oven** over medium-high, heat the oil until shimmering. Add the shallots and cook, stirring occasionally, until golden brown, 2 to 3 minutes. Add the beans and spice mixture, then stir to coat. Stir in the tomatoes (not the reserved juices) and 2½ teaspoons salt. Cook, stirring occasionally, until the tomatoes begin to brown, 5 to 8 minutes.

▪ **Add the reserved** tomato juices, cover and reduce to medium-low. Cook until the beans are tender, 15 to 18 minutes, stirring only once or twice. Taste and season with salt and pepper, then transfer to a serving bowl.