Tomato-Braised Green Beans with Herbed Potatoes

4 bowls, each with one-quarter of the potatoes and tomato-braised beans · Active 20 min · Total 40 min

Skills: Easy

Ingredients

• 1 lb 12 oz potatoes (800 g), peeled and cut into 1 1/2-inch/4 cm chunks

• 2 tablespoons olive or neutral oil (30 ml), divided

• 1 medium onion (150 g), finely diced

• 2 garlic cloves (6 g), finely chopped

• 1 can chopped tomatoes, 14 oz/400 g, with juice

• 1/2 cup water (120 ml)

• 1 lb frozen green beans (450 g)

• 3/4 teaspoon fine salt (4.5 g), divided

• 1/4 teaspoon black pepper (0.5 g)

• 2 tablespoons finely chopped parsley (8 g)

Set out

Medium saucepan, Large lidded skillet, Colander, Knife and board

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Put potatoes in the saucepan, cover with cold water and bring to a boil. Simmer for 15–18 minutes, until a knife enters easily.

2. Meanwhile heat 1 tablespoon/15 ml oil in the skillet over medium heat. Cook onion for 6–7 minutes. Add garlic for 30 seconds, then tomatoes, measured water, half the salt and pepper. Simmer uncovered for 10 minutes.

3. Add frozen beans, cover and simmer for 5 minutes. Uncover and cook for 5–8 minutes more, or longer if required by the packet, until the beans are tender and thoroughly hot and the sauce is thick.

4. Drain potatoes well. Return to the hot empty saucepan off the heat for 1 minute. Toss gently with the remaining oil, parsley and salt. Divide among four bowls and add one-quarter of the braised beans to each.

Measure from the freezer

Return the unused frozen beans to the freezer immediately. Cooking a measured portion is more useful than thawing a whole bag and searching for another use afterward.

Ingredient labels

Check canned tomato labels and any substituted seasoning blends.

A useful detail

Choose waxy or all-purpose potatoes if you want defined chunks; floury potatoes produce softer broken edges. Both work, but drain either type thoroughly.

Keep it well

Cool leftovers in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Cover and refrigerate at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C throughout, stirring the sauce and adding a small splash of water if needed.