

FINCHLEY HORTICULTURAL SOCIETY: SEASONAL RECIPES

A 'Mediterranean' recipe

Ingredients

1kg runner beans, or wide French beans

2 large onions

500g fresh tomatoes, skinned, chopped and deseeded or 1 tin chopped tomatoes

203 tbsp sunflower oil

salt and freshly ground black pepper

2-3 bay leaves

Preparation

String the beans and cut into 5cm lengths. Peel and chop onions coarsely. Add oil to medium saucepan. Place beans, onions, tomatoes, salt, pepper and bay leaves into the pan. Bring to the boil and then simmer slowly until very well cooked – about 30 minutes.

Serve as an accompanying vegetable to main dishes or eat on its own with a slice of good bread. Also good as a pasta sauce.

from Claudine Fear, Autumn 2009.

Visit <http://testingtasting.blogspot.com> for more of Claudine's recipes.