

Fossolia

Serves 8



Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 4 garlic cloves, minced
- 2 tablespoons ginger, minced
- 1 tablespoon tomato paste
- 1 medium tomato, diced small
- 1 teaspoon turmeric
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried basil
- ½ teaspoon ground cumin
- 1 large carrot, cut into matchsticks (about 1 cup)
- 1 pound green beans, trimmed and cut into ½-inch pieces (about 6 cups)
- ½ cup water

Fossolia		
Nutrition Facts		
Serving Size	1 x 8 Serving	
Amount Per Serving		
Calories	72.3	
	% Daily Value*	
Total Fat	3.7 g	5 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	165 mg	7 %
Total Carbohydrate	9.6 g	3 %
Dietary Fiber	2.7 g	10 %
Total Sugars	4 g	
Added Sugars	0 g	0 %
Protein	1.8 g	
Vitamin D	0 mcg	0 %
Calcium	39.5 mg	3 %
Iron	1.2 mg	7 %
Potassium	288.1 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>

Instructions:

1. Heat olive oil in skillet over medium heat. Add onion and cook, stirring occasionally, for 5 minutes.
2. Stir in garlic and ginger and cook 1 minute.
3. Add tomato paste and tomatoes, cook for 5 minutes, stirring often.
4. Stir in turmeric, salt, pepper, basil, and cumin.
5. Add carrots and green beans and sauté for 2 minutes.
6. Stir in ½ cup water and cover. Reduce heat to low and cook for 10 minutes, stirring halfway through.
7. Use a fork to test green beans and carrots for tenderness. They'll be cooked through with a bit of a bite. Continue cooking longer if you prefer softer vegetables.
8. Enjoy warm as a side dish. Store leftovers in an airtight container for up to one week. Reheat on the stovetop or in the microwave.