

## Turkish Green Beans

Recipe Source - Simca (by way of an excellent Turkish teacher named Selin)

I am normally quite adamant about not overcooking green beans. I generally prefer them blanched for mere seconds so that they are still crisp and retain their bright green color. I toss these blanched green beans with a bit of whole grain mustard, some lemon juice and olive oil for a more French preparation, or perhaps some soy sauce and spicy sesame oil for something that leans toward Asia. Whatever the preparation, I generally thought it should take under 10 minutes, start to finish. That is until I travelled to Turkey this summer and had some of the world's best green beans which had been cooked to near oblivion and emerged a delicious, silky, incredibly flavorful dish that I can't seem to get enough of. While it takes more than 10 minutes start to finish, the majority of that time is inactive. So you can mix up a batch and let it simmer for 20 minutes and come back to green beans transformed. This dish is delicious over simply cooked bulghur, another Turkish staple and a wonderful whole grain that cooks up in just minutes..

### Ingredients

1 lb green beans, trimmed  
1 medium onion, roughly chopped  
2 tomatoes, skinned and roughly chopped  
4 tbsp olive oil  
1 cup hot water  
2 tsp sugar  
salt and pepper to taste  
lemon wedges, chopped mint and thick, plain yogurt or crumbled feta cheese to serve

### Directions

Warm the olive oil in a deep saute pan and add the onion.  
Cook for a few minutes over medium heat until translucent.  
Add the remaining ingredients, cover and simmer over medium heat, 20 minutes or until very tender.  
Remove from heat and serve over bulghur or rice with lemon wedges and bit of thick plain yogurt.