

BEANS & TOMATOES

Time: 20 minutes

Serves: 6

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic finely chopped or grated
- 1 onion – diced
- 2 roma tomatoes – diced
- 2 19-ounce cans romano beans – rinsed and drained
- 1 teaspoon kosher salt
- 1 pinch fresh ground black pepper
- ¼ cup pitted black olives – chopped
- 1 tablespoon fresh basil – chopped
- 1 tablespoon red wine vinegar

Preparation:

Place a deep frying pan on medium heat and add the oil. Add the onion and garlic, stirring occasionally for three minutes.

Stir in the tomatoes and cook for three minutes.

Add the beans, salt and pepper. Cook, stirring occasionally for three minutes.

Remove from heat, then stir in the olives, basil and vinegar. Serve warm.

Nutritional Information Per Serving:

- Calories: 194
- Fat: 6g
- Carbs: 29g
- Fibre: 8g
- Protein: 10g