

## Fasolakia

### Ingredients

1 kg string beans (or any type of long or flat bean in season)  
2 brown onions  
4 medium-sized ripened tomatoes or 8 romas  
4-6 small zucchinis  
6 medium-sized potatoes  
6 tablespoons olive oil  
2 cloves garlic  
1 teaspoon dried oregano  
Salt and pepper to taste

### Method

Top and tail string beans. If large, cut in half. Peel and quarter onions. Quarter the tomatoes and halve the zucchinis. Peel the potatoes and cut into large chunks.

Add the oil to the pot, and when heated though, stir fry the string beans. After a few minutes, they will become bright green. Add onions and cook until translucent. Add tomatoes, one cup boiling water, and oregano. Turn down heat and leave to simmer for 30 minutes, checking every now and then that there is enough moisture. Add potatoes and zucchinis, and cook for a further 20 minutes or until soft. Season to taste.

Serve hot as a main course or as a side, or cold as a salad. Best accompanied with crusty bread and a wedge of creamy feta.