MIDDLE EASTERN · SIDE

Loubieh bi Zeit (Levantine Green Beans in Olive Oil)

لوبياء الزيت

35 min · Serves 4 · 187 kcal a serve · Video 3:30 in Arabic · Roya Kitchen

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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A vegan side with 11 g net carbs and almost 5 g fibre a serve: green beans and tomatoes gently cooked in olive oil, rich in vitamin K and vitamin C.

Diet notes: Low saturated fat (1.9 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

Ingredients

10 · SERVES 4

- [ ] ½ kg **green beans**, chopped
- [ ] 1 **onion**, finely chopped
- [ ] 60 ml **olive oil**
- [ ] 1 tbsp chopped **garlic**
- [ ] 4 g chopped **fresh coriander**
- [ ] 1 tsp **tomato paste**
- [ ] 180 g chopped **tomatoes**
- [ ] 1 tbsp **lemon juice**
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Finely chop the onion, garlic and coriander, and cut the beans into short pieces. 0:58
2. Warm the olive oil in a pot over medium heat and cook the onion until soft and translucent. 1:14
3. Add the garlic and coriander, season with salt and pepper and stir for a minute until fragrant. 1:36
4. Stir in the tomato paste and let it cook into the oil for a few seconds. 2:20
5. Add the green beans and the chopped tomatoes and toss well. Cover and cook on low heat, stirring now and then, until the beans are tender and the tomatoes have melted into the oil. 2:45
6. Stir in the lemon juice, taste for salt and serve warm or at room temperature.

> **Tip** Serves about 4 as a side (our estimate). In Jordan, Lebanon and Syria it is eaten at room temperature with bread; add a can of chickpeas or serve with grilled meat for a full meal. Keeps 3 days in the fridge.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
187 kcal	3.3 g	15 g	4.7 g	14 g	400 mg
780 kJ	7% of a day	11 g net · 7.1 g sugars	17% of a day	1.9 g saturated	17% of a day
		6% of a day		18% of a day	

Energy from net carbs 24% · protein 7% · fat 69% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 58% · Vitamin C 30%

Source of (10–19%) Vitamin E 19% · Vitamin B6 17% · Folate 14% · Potassium 10% · Magnesium 10%

Recipe and video: Roya Kitchen (@royakitchen) on YouTube — youtube.com/watch?v=282IJnPWMFY, published 22 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/loubieh-bi-zeit-green-beans-olive-oil