



On their own, french beans and carrots are very healthy. This recipe adds even more nutrients using some tomatoes & garlic. It is rich, savory & nutritious.

Ingredients

500 grams of french beans

3 small carrots, diced

5 cloves of garlic

1 small onion, diced

2 tomatoes, grated

1 tablespoon of tomato paste

1/2 a tablespoon of black pepper

Salt to taste

Method

Wash your french beans and carrots and dice them up into small pieces. And set them aside.

Slice your onion and put it in a frying pan with some heated vegetable oil. Add the pepper and let this sautee until the onions are soft.

Add the tomatoes, the tomato paste and the garlic. Mix everything up. Add 1/4 cup of water. Let this simmer for 3 minutes on medium high heat. Add the carrots and let this simmer for about 4 minutes.

Add the french beans and mix them in. Cover with a lid and let this simmer for about 5 minutes. Once this is over, remove from the heat and serve.



SERVE WITH: preferably with hot chapati, a rice dish, or whatever you fancy ☺

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlicky-french-bean-and-carrots/>