



# Mediterranean Style Green Beans and Meat

## INGREDIENTS

2 Lbs. lean beef (round) sliced into thin strips.

½ medium yellow onion – chopped fine

3 cans green beans (drained)

2 large cans whole tomatoes

1-2 clove garlic - minced

Butter – olive oil – or garlic butter (about 2 tbsp)

2-3 tsp Salt/pepper/garlic (dry blend)

3-4 tsp Greek seasoning

4 tsp ground cinnamon

8-12 oz water

Cooked white rice

## METHOD

Slice meat into strips and cut away fat.

Chop onion.

Prepare medium saucepan and coat base with oil or butter.

Add onion and half the Greek seasoning.

Sauté and clarify onion.

Add minced garlic.

Add meat and combine.

Add salt mixture.

Turn and brown meat and add half of cinnamon while browning.



Once meat is mostly browned

Add tomatoes and break them up into the pan.

Turn all together and add remaining cinnamon and Greek seasoning.

Add green beans and turn together.

Add salt mixture.

Add remaining water.

Lower heat and cover allow to cook for about 30 minutes.

Remove cover add water if needed and cook uncovered for about another 30-45 minutes.

Serve over rice.