

Green Beans Simmered with Tomato

2 T olive oil	2 small white onions, sliced thin
1 garlic clove, chopped	1 ½ lbs green beans, cut in 2" lengths
1 large tomato, seeded and diced	2 tsp chopped parsley
½ tsp curry powder	salt and pepper

heat oil in a large skillet, add onions and cook over medium until soft and translucent 4 minutes. Add the garlic, beans, tomato, and enough water to just cover. Simmer until beans are tender, then add herbs and spices, and simmer 1 to two minutes more. Taste and adjust seasonings.