



Cook the Book: Greek Baked Beans



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 cup herbs: rosemary fresh minced (dill is preferred by Greeks, but you could also use un-Greek basil, or a tablespoon of mint and a tablespoon of thyme)
- ☐ 1 pound greek gigantes beans drained (giant)
- ☐ 3 tablespoons honey
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups plum tomatoes raw canned ripe peeled drained chopped
- ☐ 2 medium onion red finely chopped
- ☐ 0.3 cup red wine vinegar

- ☐ 10 servings salt and pepper freshly ground
- ☐ 2 tablespoons sun-dried tomato paste

Equipment

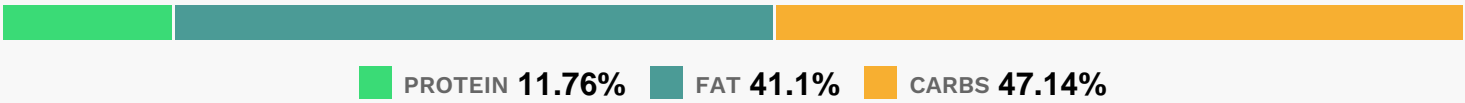
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Put the beans in a large saucepan with water to cover to a depth of about 1 inch. Bring to a boil, then lower the heat to simmer, cover the pan, and simmer very gently for 40 to 50 minutes, or until the beans are starting to soften but not yet ready to eat. Periodically, skim off any foam that rises to the top. When the beans are ready, remove from the heat but do not drain.
- ☐ Set the oven at 325 degrees. Using 3 tablespoons of the oil, cook the onions in a skillet over medium-low heat, stirring frequently, until the onions are very soft and starting to brown.
- ☐ Using 3 tablespoons of the oil, cook the onions in a skillet over medium-low heat, stirring frequently, until the onions are very soft and starting to brown.
- ☐ Using a slotted spoon, transfer the hot beans from the saucepan to an oven dish, preferably a bean pot--a terra cotta or ceramic dish that is taller than it is wide (lacking such a pot, you could also use an ordinary casserole or souffle dish, but a bean pot is preferable). Stir in the remaining olive oil, the onions, and the chopped or crushed tomatoes. Dissolve the honey and tomato concentrate in about 1 cup of the hot bean water and add to the beans, mixing carefully and tucking the bay leaves in with the beans. There should be just enough liquid in the pot to barely cover the beans--add a little more if necessary, but make sure it is boiling hot. Cover the pot securely with aluminum foil (and the pot lid if available), transfer to the preheated oven, and bake for about 1 1/2 hours. Check the beans from time to time and add a little more boiling bean liquid or plain water if necessary.
- ☐ Remove the bean pot from the oven. The beans should be meltingly tender at this point. Stir in the fresh herbs and the vinegar, along with salt and pepper. Return the bean pot,

uncovered, to the oven and let the beans bake for another 15 minutes to absorb all the flavors.

Nutrition Facts



Properties

Glycemic Index:14.93, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:8.4417391134345%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 172.28kcal (8.61%), Fat: 7.98g (12.28%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 16.73g (6.08%), Sugar: 7.52g (8.35%), Cholesterol: 0mg (0%), Sodium: 258.03mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin K: 34.35µg (32.71%), Manganese: 0.38mg (19.16%), Fiber: 3.87g (15.47%), Folate: 50.46µg (12.62%), Vitamin A: 621.19IU (12.42%), Iron: 2.23mg (12.37%), Vitamin C: 10.18mg (12.33%), Potassium: 412.86mg (11.8%), Vitamin E: 1.73mg (11.56%), Magnesium: 37.13mg (9.28%), Copper: 0.17mg (8.6%), Phosphorus: 70.61mg (7.06%), Vitamin B1: 0.08mg (5.5%), Vitamin B6: 0.11mg (5.48%), Calcium: 53.78mg (5.38%), Zinc: 0.78mg (5.18%), Vitamin B2: 0.04mg (2.34%), Vitamin B3: 0.4mg (1.99%), Vitamin B5: 0.18mg (1.83%), Selenium: 0.75µg (1.08%)