



GREECE

LUNCH

PRINTABLE RECIPE PDF

Greek Fasolada

Fasolada is often regarded as the national dish of Greece, traditionally made with simple ingredients like beans, tomatoes, and olive oil. It is a staple in Greek

PREP

15 min

COOK

60 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 cup dry white beans - soaked overnight
- 1 large onion - chopped
- 2 cloves garlic - minced
- 2 large carrots - sliced
- 1 large green bell pepper - chopped
- 1 can crushed tomatoes - or 2 fresh tomatoes, chopped
- 1/4 cup olive oil - extra virgin for best flavor
- 1 teaspoon dried oregano - or fresh if available
- 1 teaspoon salt - to taste
- 1/2 teaspoon black pepper - freshly ground
- 4 cups water

WHY THIS WORKS

About this recipe

A printable Greek Fasolada recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Fasolada is often regarded as the national dish of Greece, traditionally made with simple ingredients like beans, tomatoes, and olive oil. It is a staple in Greek cuisine and reflects the Mediterranean diet's emphasis on legumes and

ORIGIN & TRADITION

Mediterranean context

Fasolada is often regarded as the national dish of Greece, traditionally made with simple ingredients like beans, tomatoes, and olive oil. It is a staple in Greek cuisine and reflects the Mediterranean diet's emphasis on legumes and vegetables.

METHOD

Step-by-step instructions

1

In a large pot, add the soaked beans and cover them with water. Bring to a boil, then reduce heat and simmer for about 45 minutes until the beans are tender.

2

In a separate pan, heat the olive oil over medium heat. Add the onion and garlic, cooking until they are soft and translucent. Stir in the carrots and green bell pepper, and cook for another 5 minutes.

3

Add the crushed tomatoes, oregano, salt, and pepper to the vegetable mixture, and stir well. Add this mix to the pot with the beans. Pour in the 4 cups of water, and bring to a gentle simmer for 15 minutes to allow flavors to meld.

4

Adjust seasoning to taste, and serve hot, drizzling with some additional olive oil if desired.

CHEF'S TIP

For an authentic experience, serve Fasolada with a sprinkle of fresh parsley and a side of crusty bread to soak up the delicious broth.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	10 g
Protein	15 g	Fiber	12 g
Carbohydrates	55 g	Sodium	500 mg

SERVING SUGGESTION

Traditionally enjoyed with a slice of feta cheese and olives on the side, along with a glass of robust red wine.

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