



# Rain's Greek Roasted Beans

## INGREDIENTS

2 c. dry chick peas or butter beans, soaked overnight  
2 tomatoes chopped fine, or 2 c. canned crushed tomatoes  
4 garlic cloves,  
2 onions, thinly sliced  
2 T. Tomato paste, thinned with a little water  
3/5 c. extra-virgin olive oil  
Fresh parsley, chopped  
Salt and pepper to taste  
1 c. Feta cheese, finely crumbled

## INSTRUCTIONS

**Soak the beans overnight, then drain and rinse well.**

**Boil beans in water (or leftover stock for 40 - 60 minutes, until soft but not mushy. Do not under-cook them or they will harden during baking.**

**Meanwhile, prepare the sauce. Sauté onion in some of the olive oil on low heat until soft, then add the whole, peeled garlic. If you like a stronger flavour, mince the garlic.**

**Add the tomatoes, the tomato paste, parsley, salt and pepper with half of the remaining olive oil. Let this simmer until the sauce thickens, about 10 minutes.**

**Meanwhile, preheat the oven to 350°F (180°C).**

**Drain the beans and put them into an oiled casserole. Add the sauce and mix gently but well. Mix in the Feta cheese.**

**Spread top evenly and pour the rest of the olive oil over the top.**

**Bake for about 45 minutes, until the beans are tender, and serve with a good, crusty bread.**

