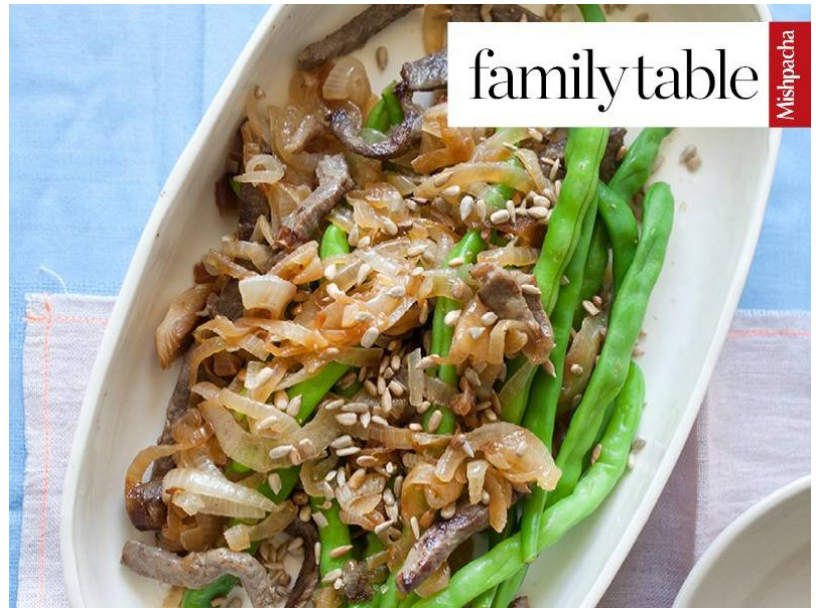


# Tons of Onions String Beans

Recipe By *Chanie Nayman*



Cooking and Prep:  1 h

Serves:  6

No Allergens

**Preference:** Meat

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Gluten Free, Low Carb,  
Sugar Free, Paleo

**Source:** Family Table by  
Mishpacha Magazine

My husband loves anything with as many sautéed onions as possible, and that's how I used to serve these string beans. Bassi Gruen suggested taking the recipe to the next level by adding the meat. It's addictive!

## Ingredients (6)

### Main ingredients

- 1 12-ounce (340-gram) bag string beans
- 3 medium onions
- 3 tablespoons oil
- 1 pound (454 grams) thinly sliced pepper steak, or any similar meat
- 1 heaping teaspoon **Tuscanini Sea Salt**



roasted salted sunflower seeds

## Start Cooking

### Prepare String Beans

1. Place string beans in a large frying pan and cover generously with water.
2. Add salt and bring to a boil.
3. After three to four minutes remove string beans from heat and place into a bowl with ice water, to stop the cooking. (They will be on the crispier side, but if you are rewarming for Shabbos they will cook more then.)
4. Drain the ice water from the bowl, and set aside.
5. Slice onions into small half rings.
6. Sauté in oil over medium heat for approximately half an hour.
7. Remove from pan and set aside.
8. Add thinly sliced meat to the pan, and sauté for a half hour.
9. Add string beans and onions and remove from heat.
10. Season with sea salt.
11. Right before serving, add sunflower seeds.

### Credits

Photography: Daniel Lailah

Styling: Amit Farber