

Anastasia's

Greek-Style Peas

Active: 30 min.

Total: 1 1/2 - 2 hrs.

Servings: 5

Ingredients:

2 bags frozen peas (2 Lb/32 oz.)
1 large russet or white potato chopped
5 small-medium ripe tomatoes blended
2 bunches green onion finely chopped (about 1 cup)
4-5 cloves fresh garlic chopped
1 bunch fresh dill chopped (about 3/4 cup or more)
2-3 bs. olive oil
Sea salt and cracked pepper to taste



Instructions:

1. Peel and chop potato into 1 inch cubes or smaller. Boil for 7-8 minutes or until slightly soft. Strain and set aside.
2. Saute chopped onion in olive oil over medium-high heat (about 5 minutes). Add garlic and saute one minute more (until you can smell it wafting up to your nose)!
3. Add Peas and cook until heated through (about 8 minutes). Then add tomato, potato, salt and pepper (I like big chunky salt and pepper flakes, enough to give this dish a 'bite.') *If the peas are not submerged in the liquid from the tomato add a splash of water.*
4. Stir Ingredients and bring to a boil. Once you reach a boil reduce heat to a simmer and cook covered with a lid until the liquid is just about absorbed (about 1 - 1 1/2 hrs.)
5. Add the fresh dill and cook for a few more minutes. You can leave the lid off at this point and let any remaining liquid evaporate.

This dish is a meal in itself! Garnish with fresh dill and a splash of extra virgin olive oil!

By Heartful Health, Anastasia