F R I E D B E A N S V S B E A N S I N O I L

Ingredients
Half a cup of olive oil
1 teaspoon dried capsicum
Teaspoon salt
2 teaspoons dried coriander
2 large tomatoes
garlic head
1 kilo green beans
Oiled beans:
garlic head
1 coriander stick
Teaspoon salt
Half a cup of olive oil
1 kilo of green without peel
Fried beans:

Directions
Fried beans: In the cooking pot, put the beans, then olive oil, and fry them on a low heat. After frying, add salt and stir them a little, then turn off the fire, add garlic and coriander, stir the ingredients and they are ready. Beans with oil: we cut the beans and tomatoes into suitable pieces, then put in the cooking pot the chopped garlic and olive oil, then we fry them and add to them dry coriander, dry pepper and after frying we add the beans to the bowl, then add salt to them and stir the ingredients a little and then add the tomato pieces and then close the cooking pot And we reduce the fire and leave them until the level, and after the leveling we close the fire and add to them garlic and decorate with green coriander and they are ready.

C H E F O M A R

Bon Apetit!