

Make a delicious quick meal from scratch in minutes. Your family will love it.

EVA'S QUICK BULGARIAN DINNER

I can't tell you how many times I have made this quick-and-easy dinner for my family since I scribbled down the recipe from Eva Salmoiraghi, a sophisticated Bulgarian woman married to an Italian-American doctor. Once you have made it a few times, you will know whether you want to add more rice or adjust the spices. Feel free to experiment like the Bulgarians do and rejoice in serving your family a delicious meal in minutes--from scratch--instead of out of a box.

- 1 Tbsp. olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2 lbs. ground beef
- 1 tsp. sea salt or to taste
- 1 Tbsp. sweet Hungarian paprika
- 1 28-oz. can whole peeled tomatoes
- 1-2 cups white uncooked rice
- 1-2 cups water
- (same amount as rice)
- 1 lb. frozen green beans

Sauté the onions and garlic in olive oil until just translucent. Add the beef and brown until all the juices run clear. Turn down the heat to low, add the salt and paprika; stir to incorporate. Add the tomatoes, rice, and water; stir to evenly distribute. Pour the frozen green beans on top of the meat mixture (don't stir in), cover, and let simmer for about 20 minutes until the rice and green beans are done. Serves 4-6.