

# HOW TO INSTANT POT

## GREEK GREEN BEAN & POTATO FASOLAKIA

### Ingredients

- 15 oz. can diced tomatoes
- 1 cup water
- 1/2 cup extra virgin olive oil
- 1 large zucchini, quartered
- 1/2 bunch parsley, chopped
- 1 tspn dried oregano
- 1 pound green beans, stems removed
- 1 onion, sliced thin
- 2 potatoes, quartered
- salt and pepper, to taste

### Directions

- Set the Instant Pot to "saute" while you prep all the ingredients, so it starts to warm up.
- Once all the ingredients are prepped, add into the IP stainless steel bowl the diced tomatoes, water and olive oil.
- Then add in the rest of the ingredients to the IP, and stir really well. \*Note: you will want to stir everything really well because you will not get a chance to until the dish is finished cooking.
- Lock the lid on the IP, make sure pressure valve is turned to "sealing".
- Press the "Pressure Cook" or "Manual" button, and program to cook for 15 minutes under high pressure.
- When the dish is finished cooking, quick-release the pressure by turning the pressure valve to "venting".
- Enjoy immediately as a main course with bread and feta cheese, or freeze for up to one month.