



## Jennifer Herrick-McGonigal's Lubieh

### Ingredients (for 200 people)

Ground beef: (14–15 lb)  
Green beans (fresh): (33–35 lb), trimmed  
Tomato sauce or crushed tomatoes: (2.4–2.6 gallons)  
Onions: (6 – 8 ), finely chopped  
Garlic: 20–24 cloves, minced  
Olive oil: (about 10–12 cups)  
Salt  
Black pepper  
Allspice  
Cinnamon  
Optional: pinch of chili flakes or cayenne  
Chopped parsley or fresh cilantro (for serving)



### Instructions

If using fresh green beans, trim and cut in halves if long. If using frozen, no need to thaw. In large pots, lightly sauté beans in a little olive oil or blanch briefly until just tender. Set aside.

Heat olive oil in large stock pots. Add chopped onions and sauté until soft and lightly golden.

Add ground beef and cook, breaking it up well, until fully browned.

Stir in garlic, salt, pepper, allspice, and cinnamon. Cook 2–3 minutes until fragrant.

Add tomato sauce/crushed tomatoes to the beef mixture. Rinse containers with a little water and add just enough to loosen the sauce (do not make it soupy). Simmer uncovered for 20–25 minutes, stirring occasionally.

Add the prepared green beans to the tomato-beef sauce. Gently mix until evenly coated. Simmer 20–30 minutes on low heat until flavors are fully blended and beans are tender.

Taste and adjust salt and spices. The finished dish should be saucy but not watery.

Holds well on low heat for 2–3 hours. Stir occasionally to prevent sticking.

Serve warm, either as-is in small bowls or with a small spoon of rice or bread on the side.