

## Auto Accident? You've got 14 days...

- *If you don't seek medical treatment within 14 days you will lose your personal injury insurance benefits.*
- *If the metal is bent, then most likely you are hurt.*
- *The earlier the treatment the better the outcome.*

### Auto Accident Treatment Center



## Auto Accident Treatment Center

**One location.  
Everything you need.**

**30 Years of Experience  
in Auto Injury Care**

- Medical Management
- Chiropractic
- Physical Rehabilitation
- Massage Therapy
- Neurosurgery
- Monday-Saturday Appointments
- Same-Day Appointments
- Most Insurances Accepted
- Treat the Whole Family

### Why live with pain forever?

Early intervention is the key.  
Call and see us today!

**(352) 351-3413**

1009 SW 16th Lane, Ocala, FL 34471

## Lailas's Middle Eastern Green Beans (Fasoulya)

**Serving size: 4 - 6**

**Cook time: 45 minutes**

- 1 pound of fresh cut green beans
- 1 pound of frozen lima beans
- 1/2 pound of finely cut stew beef
- 1 can of tomato sauce
- 1 onion
- 1 potato
- 1 carrot
- 1 can of garbanzo beans
- Salt and pepper to taste

1. Separately wash meat and cut to preferred size. In the pot which the meal will be made, lightly cover the bottom with olive oil and let it heat before adding the diced onion. Sauté the onion for about 2 minutes (or until golden brown) and add salt to break down the onion.
2. Add the meat and sauté it with the onion until it is cooked through, add salt and pepper.
3. Add green beans, thawed lima beans, carrots and potatoes. Add the tomato sauce and water (2 cans of water to each can of tomato sauce). Bring to a boil and then reduce temperature to low for 40 minutes (or until vegetables soften).
4. Separately rinse and remove skin from garbanzo beans and add them to the mixture 5 minutes before the meal is finished being cooked.

5. Add salt and pepper if necessary.  
Serve with rice. Enjoy!