



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

Olive Oil Peas

Zeytinyaęlı Bezelye



2.2 lbs peas
1 onion
2 medium size carrots
1 big tomato
1 garlic clove
1/2 cup olive oil
1 cup water
1 tsp sugar
1 tsp salt
For the Upper Side:
8-10 stems of dill

- # Wash the peas and get the seeds of the peas out.
- # Pour the olive oil into the pot and make it turn into hot. When it turns into hot, add small onion and garlic pieces, fry them until the pieces turn into transparent.
- # Add big carrot cubes and salt. Cover the lid of the pot and cook it over medium heat for about 10 minutes.
- # Then add grated tomato and sugar. Cook it for a while more.
- # Finally add the peas and water. Cover the lid again and cook it over medium-high heat for about 35-40 minutes.
- # When it cools down, transfer it to the service plate. Sprinkle chopped dill all over.

Note: If you want to prepare this recipe with canned peas, it is advised to cook 15 minutes maximum.