



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

Olive Oil White Kidney Beans

Zeytinyaęlı Kuru Fasulye



2 cups white kidney beans
2 onions
1 big carrot
3 cloves of garlic
1 tbsp tomato paste
2 sugar cube
1 tsp salt
1/2 cup olive oil
To Garnish:
10-15 stems parsley

- # Clean the beans at night and wash them. Put them into a pot and add 7 cups water on it, cover the lid of the pot and rest it or overnight.
- # The day after, cook it until softens.
- # Fry the thinly chopped onions until they turn into pink. Add diced carrot and thinly chopped garlic on it. Cover the lid.
- # When the carrot pieces soften, add tomato paste, salt and sugar. Stir it for about 2-3 minutes.
- # Finally pour the boiled beans and its water also onto the carrot mixture. When the mixture reaches the boiling temperature, turn the heat to low and cook it for about 10 minutes.
- # Place it into a service plate while it is warm. Sprinkle thinly chopped parsley all over and serve it.

Note: If you want to cook in pressure cooker, there is no need to rest the beans in water. Just add 7 cups water, close the cooker. When its pin whistles turn the heat to low and cook for 30 minutes more.