



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

White Bean With Beef

Etili Kuru Fasulye



2 cup white bean
17.6 ounces lamb cubes
5 tbsp vegetable oil
2 onion, medium
1 tbsp tomato paste
2 tomatoes
3 long green pepper
2 tsp salt

- # At night, put the white beans in a bowl which is full of water.
- # The day after, boil the white beans.
- # Chop the onions and add to the heating oil. Cook the onion a little and then add lamb cubes.
- # When the water evaporates add sliced pepper, tomato cubes and tomato paste.
- # Cook until tomato paste's smell clears off and then add the white beans.
- # Pour water to the level of beans, cook until get a good mixture of beef and beans.
- # Add salt and cook for a few seconds after it starts to boil.

Note: You can cook chickpeas by this recipe. (Chickpeas with beef recipe)