



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

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## Garden Kebab

Bahe Kebab



26.5 ounces lamb cubes  
3 tbsp vegetable oil  
1 potato  
1 carrot  
15 mushrooms  
4 green peppers  
15 shallots  
1 tsp flour  
1 tsp salt  
3 tbsp canned green peas  
1 tsp thyme

- # Roast the meat with the oil, when the meat turns into pink, add 1 tbsp flour, and saut for a while.
- # Add shallots, and the carrot and long green pepper both cut into medium sized pieces, and cook over medium heat for about 5-10 minutes.
- # Add potato, after cooking it for 5 minutes, add 2 cup boiling water.
- # Finally add the canned green peas and the mushrooms which are cut into a few pieces, and cook them for 10 more minutes.
- # Drizzle salt and thyme just before removing from the stove.
- # Rest the meal in the pot while the lid is covered yet.
- # Serve hot.

**Note:** The specification of this kebab is preparing it with the vegetables which are in your kitchen yet. You can use all kind of vegetables for cooking it.