



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

Okra with Chickpea

Nohutlu Bamya



17.6 ounces okra
8.8 ounces veal, cut into morsel sized pieces
1 onion, sliced
1/2 cup of boiled chickpea
2 long green pepper
1 tbsp tomato paste
1 lemon
Salt
1/2 cup of vegetable oil

- # Saut the onion with oil until softened in a small cooking pot.
- # Add sliced long green pepper and saut 15 minutes too, and then add tomato paste.
- # Add granted tomato, after 5 minutes cooking, add boiled chickpeas and okras.
- # Cook until okras warm without water, when it warms add 2 cup of hot water and salt.
- # Cook over medium heat for 35-40 minutes.
- # Close to be cooked add lemon juice.

Note: Verjuice is used instead of lemon in Aegean Region while cooking this recipe.