



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

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## Leek With Ground Meat

Kıymalı Pırasa



2.2 pounds leek  
7 ounces ground meat  
1 onion, big size  
1 tomato  
1 tbsp tomato paste  
1 + 1/2 tbsp vegetable oil  
2 tbsp rice  
1 + 1/2 tsp salt  
1 big carrot

- # Chop the onion into mini cubes, sauté in vegetable oil for a few seconds and then add ground meat. Stir constantly to prevent coagulating of the meat.
- # Cover the lid, wait to meat gives its gravy and gets back, and then add tomato paste.
- # When the meat gets cooked, add round carrots and 1 + 1/3 cup hot water and then add rice immediately.
- # After getting the carrot some cooked add the leek which is diced into 3 cm. thickness into the pot. After cooking the leeks a little add grated tomato.
- # Cook for 40-45 minutes over medium heat. Serve hot.

Note: Lemon juice is the indispensable garnish of whole leek meals.