



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

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## Purslane with Meat

Etli Semizotu



2.20 pounds purslane  
7.1 ounces veal cubes  
1 big onion  
1 big ripe tomato  
2 tbsp rice  
2 + 1/2 cups water  
1 tsp salt  
1/3 cup vegetable oil  
1 tbsp tomato paste

- # Dice the onion, roast with oil, when it turns to pink add veal cubes.
- # When the gravy evaporates, add the tomato paste at first, then grated tomato. When the tomato gets cooked add the purslane.
- # Cook the purslane for 10 minutes without water addition. Add rice, hot water, salt and cook over medium heat for 20 minutes.
- # Serve hot.

Note: You can cook spinach instead of purslane with same measures. (While cooking herbs, boiling decreases the feeding value.)