



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

Mixed Vegetable Pot

Türlü



8.8 ounces meat cubes
2 potatoes
2 zucchinis
1 carrot
25 green beans
2 aubergines
2 big ripe tomatoes
1 tbsp tomato paste
3 long green peppers
1 + 1/2 tbsp salt
2 big onions
5 tbsp vegetable oil
3 cup hot water

Put the oil into the pot, when it gets hot add the meat. Cook until the gravy evaporates.
Add the onions which cut into half circles, cook until the onion softens, add the tomato paste.
Add these ingredients respectively and 5 minutes rest after adding each one; green beans, long green peppers, finely sliced carrot all together, then; tomatoes, aubergines, potatoes, zucchinis, sprinkle salt.
Roast the vegetables a little, then add 3 cups hot water, and cook over medium heat at first, then over low heat for about 35-40 minutes. Serve hot.

Note: You should care of the thickness of the vegetables, and place them into the pot respectively.