



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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## Green Peas with Meat

Etili Bezelye



2.20 pounds green peas  
8.8 ounces meat cubes  
6 tbsp vegetable oil  
2 onions  
2 tomatoes  
1/2 tsp salt  
3 cups water  
1 tbsp tomato paste

- # Get the seeds of the peas.
- # Roast the meat with vegetable oil, when the gravy evaporates, add onion slices and saut them together.
- # Add the tomato paste at first, then add grated tomato paste, and cook for 5 minutes.
- # Add the peas, and cook for 15 minutes without water addition.
- # Finally add hot water and salt, and cook for 45 more minutes.
- # Serve hot.

**Note:** Some of the other recipes about this meal advise to boil the peas at first, but it decreases the feeding value of the peas.