



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

Flat Beans With Olive Oil

Zeytinyağlı Yeşil Fasulye



2.2 pounds flat beans
2 onions
4 long green pepper
4 big tomatoes
2 cube sugars
2 tsp salt
1/2 cup of water
3/4 cup of extra virgin olive oil

- # Wash the flat beans, cut both ends, string, and cut in to 2 or 3 pieces.
- # Chop the onions
- # Cut peppers in size of flat beans.
- # Put bean, onion and pepper in pressure cooker, add 2 tsp salt, and knead until bean's color changes.
- # Add tiny sliced tomatoes, olive oil, water and sugars, mix.
- # Cook 13 minutes in the boil mode of pressure cooker.
- # Cool down in cooker, serve warm or cold.

Note: Cooking in pressure cooker is advised for saving time.