



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

Chard With Olive Oil

Zeytinyağlı Pazı



17.6 ounces chard
1/2 cup olive oil
1 big onion
2 tbsp tomato paste
1 tsp pepper paste
1 + 1/2 tsp salt
1 cube sugar
1/3 cup hot water

- # Heat the oil in a pot, dice the onion and add into the pot.
- # When the onion is cooked add salt, tomato paste and pepper paste into the pot.
- # After cooking the paste for 5 minutes add washed and drained chards chopped stems.
- # Cook the stems for 10 minutes and then add the leaves of the chard and stir without water.
- # Add 1 cube sugar and 1/3 cup hot water, cover the lid and cook for 15 minutes. Take away from the stove.
- # Serve hot or warm.

Note: Tomato and pepper pastes are used a few or not in olive oil dishes generally. But in this recipe they are used more than common.