



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

Inegol Style White Bean

İnegöl Usulü Kuru Fasulye



2 cup white beans
1 potato, medium size
2 onions, medium size
2 long green peppers
2 tomatoes, big size
7 cup water
Salt
1/2 cup vegetable oil

- # The potato, roast with oil for a while.
- # Add onion, cook until it turns pink.
- # Add chopped pepper and tomatoes, salt, and cook.
- # Put the clean white beans in a pressure cooker and add the mixture in it. Roast for about 5 minutes.
- # Add 7 cup water.
- # Cook for about 35 minutes more after the pin gets out.

Note: Because of not boiling the white beans you must cook this meal in the pressure cooker.