



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

---

## White Bean With Beef

Etili Kuru Fasulye



2 cup white bean  
17.6 ounces lamb cubes  
5 tbsp vegetable oil  
2 onion, medium  
1 tbsp tomato paste  
2 tomatoes  
3 long green pepper  
2 tsp salt

- # At night, put the white beans in a bowl which is full of water.
- # The day after, boil the white beans.
- # Chop the onions and add to the heating oil. Cook the onion a little and then add lamb cubes.
- # When the water evaporates add sliced pepper, tomato cubes and tomato paste.
- # Cook until tomato paste's smell clears off and then add the white beans.
- # Pour water to the level of beans, cook until get a good mixture of beef and beans.
- # Add salt and cook for a few seconds after it starts to boil.

Note: You can cook chickpeas by this recipe. (Chickpeas with beef recipe)