



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

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## Kidney Beans With Olive Oil

Zeytinyađlı Barbunya Fasulyesi



2 cup kidney beans  
2 carrots  
2 onions  
1 tbsp tomato paste  
1/2 cup olive oil  
1 tsp salt

- # Wash the kidney beans, pour water in a pot, and let the kidney beans stand for a night in that, the day after boil.
- # Put the olive oil into another pot, put the pot over medium heat, when the oil turns red-hot some, add diced onion and roast.
- # When the onion gets roasted, add sliced carrots in it, and cook until carrot pieces soften.
- # Pour the kidney beans with the water into the mixture with onion, carrot. Finally add salt, boil over medium heat for 10 minutes.
- # Serve warm or cool.

Note: Olive oil dishes are generally let to cool down in their pots.