



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

---

## Hot Kidney Beans

Acılı Barbunya



1 cup kidney beans  
1 cup lamb  
1 onion  
1 garlic clove  
1 long hot pepper  
1 hot red pepper  
7 tbsp vegetable oil  
1/2 tsp crushed red pepper  
1 tsp salt  
4-5 parsley stems  
1 tsp tomato or pepper paste

- # Roast the finely sliced onion with oil. When the onion turns pink add chickpea sized chopped lamb.
- # When the water evaporates, add chopped hot red pepper and long hot pepper and the pounded garlic.
- # Add paste, crushed red pepper, salt and finally the boiled kidney beans.
- # Cook over medium heat for 5 minutes without adding water and then add 1 cup hot water, and cook for about 10-15 minutes.
- # Take the meal from the stove, sprinkle sliced parsley on it and cover the lid.
- # Serve hot.

Note: Hot Kidney Beans is a recipe from Mexico. Its original name is "Chili con Carne".