



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

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## Macaroni With Yogurt

### Yoğurtlu Makarna



17.6 ounces macaroni  
3.5 ounces regular ground beef  
1 tbsp tomato paste  
6 tbsp vegetable oil  
1 tsp sumac  
2 tsp salt  
1 tsp crushed red pepper  
6-7 cup of water  
1 bowl of yogurt  
3 garlic cloves

Put 6-7 cup of water and 1 tsp salt in a pot and boil.

When it boils add macaroni

While it is cooking, roast beef by oil, mix continuously for making beef smooth.

When the beef is cooked, add tomato paste, salt, crushed red pepper and cook together for 5 minutes, and take from the stove.

Mix pounded garlic with yogurt, take 1-2 tbsp hot water from macaroni's pot for warming the mixture.

Don't drain the cooked macaroni, it can be a little washy. Put the macaroni on plates.

Put yogurt on it, and then put prepared mixture of tomato paste and beef on yogurt, finally sprinkle sumac, and serve.

**Note:** If you don't want to use tomato paste, you should increase the measure of the crushed red pepper.