TURKISH · LUNCH · DINNER

Etli Kuru Fasulye (Turkish White Bean and Lamb Stew)

Acı etli kuru fasulye

110 min · plus soaking the beans overnight · Serves 8 · 392 kcal a serve · Video 8:21 in Turkish · KanalD

Gluten-free ingredients · No nuts listed

Scan for the video, full nutrition and more free recipes

About 25 g protein, 11 g fibre and 33 g net carbs a serve: white beans slow-cooked with a little lamb, onion, peppers and tomato into a filling legume main, with no flour or sugar.

Ingredients 13 · SERVES 8

- [ ] **White beans**: 3 Turkish water glasses (about 1¼ lb) dried white beans, soaked 12–16 hours and drained
- [ ] 14 oz **lamb**, cut into small cubes, with a little of its own fat
- [ ] 1 large **onion**, finely chopped
- [ ] 4 tbsp **butter**
- [ ] 2 **Turkish green peppers** (köy biberi), sliced
- [ ] 1 heaped tbsp **hot pepper paste** (acı biber salçası)
- [ ] 1 tbsp **tomato paste**
- [ ] 2 large **tomatoes**, diced
- [ ] **salt**, to taste
- [ ] **black pepper**
- [ ] **water**: about 5½–6⅓ cups (6½ Turkish water glasses)
- [ ] 2 **bay leaves**
- [ ] 1–2 small **dried hot chillies**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a tall, heavy pot with nothing in it and add the lamb cubes. Spread them out and leave them alone until they colour underneath, then turn once and let them brown in their own fat. 1:05
2. Add the onion, then the butter, and cook gently until the onion softens. 2:30
3. Add the green peppers, sliced not too thin so they keep a little bite. 3:40
4. Season the meat with salt and pepper, stir in the hot pepper paste and tomato paste, and cook for a minute or two. 4:22
5. Add the diced tomatoes and stir. 5:15
6. Add the soaked, drained beans, then about 6⅓ cups of water, the bay leaves and the dried chillies. 5:45
7. Bring to the boil, then simmer for about 1½ hours, until the lamb is tender and the beans are soft in a thick, rich sauce. 7:20

> **Tip** Serves about 8 (the cook doesn't say). In Turkey it's eaten with rice pilaf and pickles; on its own with a salad or pickled peppers it's lower in carbs. Use less pepper paste and one chilli for a milder pot.

The method is a summary in our words, in English — the video (in Turkish) shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
392 kcal	**24** g	**44** g	**11** g	**14** g	**430** mg
1,640 kJ	49% of a day	33 g net · 3.2 g sugars	40% of a day	6.9 g saturated	19% of a day
		16% of a day		18% of a day	

Energy from net carbs 37% · protein 27% · fat 36%

High in (20%+ of a day) Vitamin B12 41% · Zinc 39% · Iron 38% · Folate 36% · Magnesium 28% · Potassium 25% · Selenium 22%

Source of (10–19%) Omega-3 19% · Vitamin B6 18% · Vitamin C 16% · Vitamin E 14% · Calcium 12% · Vitamin K 10%

Recipe and video: KanalD on YouTube — youtube.com/watch?v=q2i6YC-ILU8. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/etli-kuru-fasulye-turkish-bean-lamb-stew