

Middle Eastern White Beans

Oscar · 29/09/2024



Prep Time

6 hrs 10 mins

Difficult

Medium

Servings

6

Description

Look no further than these Middle Eastern white beans for a nutritious and wholesome meal that doesn't lack flavor. You would probably not find this dish in a Middle Eastern restaurant. It is the type of everyday dish served to the family. White kidney beans are slowly cooked in a tomato-based sauce. Serve over plain white rice.

Ingredients

- - 1 ½ cups dried white kidney beans
- soaked overnight - 3 tablespoons tomato paste - 1 tablespoon red pimento sauce - 3 cloves garlic
- chopped - 3 medium onions
- chopped - 1 tablespoon lemon juice - 1 teaspoon ground cumin - 2 tablespoons olive oil - salt and pepper to taste - 1 (14.5 ounce) can beef broth

Instructions

1. Combine soaked beans
2. tomato paste
3. pimento sauce
4. garlic
5. onions
6. lemon juice
7. cumin
8. olive oil
9. salt
10. and pepper in a slow cooker crock. Mix together until beans are coated. Pour in beef broth and top off with enough water to completely cover bean mixture. Cook on High until beans are tender and liquid is thickened
11. about 6 hours. It should not be soupy. Variation: To make on the stovetop
12. follow step 1
13. but place in a large pot on the stove. Simmer over medium heat until thickened
14. about 1 hour.