



Syrian White Beans and Meat Stew

Ingredients

- 1 cup White beans
- 2 tbsp Vegetable Oil
- 2 Mediums Onion, finely chopped
- 300 g Lamb shanks
- 1 tsp Ground seven spices
- 4 cups water
- 2 cubes Maggi® Chicken Bouillon
- 3 Mediums Tomato, diced
- 3 Cloves Garlic, crushed
- 0.5 cup Coriander leaves, chopped

Instruction

1. Soak white beans in water for 12 hours. Drain and set aside.
2. Heat oil in a large saucepan. Cook onions and meat. Season with spices and stir for 4-5 minutes.
3. Add water, MAGGI Chicken Stock cubes, white beans and tomato. Bring to boil and simmer over low heat for 1 hour or until meat and beans are cooked.
4. Add garlic and coriander and simmer for another 5 minutes.

Nutrition

Carbohydrates	41.24 g
Energy	413.56 kcal
Fats	15.75 g
Protein	28.71 g

115 Minutes

4 Servings