



Moroccan Stewed White Beans Recipe – Loubia

Ingredients

- 1 cup White beans soaked in water over night
- 2 tbsp Vegetable oil
- 1 packet Solis Fried Tomato Sauce
- 2 pieces Onions, finely chopped
- 500 g Lamb cubes
- 1 tsp ground cumin
- 1 tsp Paprika powder
- 1 tsp Black pepper
- 1 tsp Ginger powder
- 3 cups water
- 3 Cloves Garlic, crushed
- 1 Medium Onion, finely chopped
- 20 g Coriander leaves, chopped
- 1 piece Green chili

Instruction

1. In a large saucepan over medium/high heat, add the oil, then sauté the lamb cubes until brown.
2. Add onion and garlic. Sauté for 2-3 minutes, then add the cumin, turmeric, paprika, salt and pepper.
3. Add the SOLÍS tomato sauce and simmer for 10 minutes.
4. Add the rinsed and drained white beans and simmer for 60 minutes.
5. A few minutes before serving, add the chilli and coriander and let simmer on low heat for 5 minutes. Serve with Moroccan bread or white rice.

Nutrition

Carbohydrates	32.46 g
Energy	283.15 kcal
Fats	5.99 g
Protein	26.11 g

60 Minutes

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