



## MAHKLUTA: LEBANESE MIXED BEAN STEW

SUBMITTED BY: Lucy Saliba, RPN-PAC

It's my mom's recipe and my husband's favorite comfort food.

### DIRECTIONS:

#### INGREDIENTS:

1/2 cup each of the presoaked or canned beans

1/4 cup barley (presoaked)

1/2 cup bulgar

salt and pepper to taste

1 beef cube

2 tbsp. olive oil.

1 tbsp. tomato paste

rice

1. You can use a variety of beans for this stew (lentils, romano bean, black bean, kidney, garbanzo (chic), white bean) depending on the size of the pot. You can use fresh beans that were presoaked the night before or can beans.
2. In a large pot, boil on med heat: 1/2 cup each of the presoaked or canned beans, 1/4 cup barley (presoaked), 1/2 cup bulgar, salt and pepper to taste, 1 beef cube. Add water to cover over about 2 inches from top of beans (can add more water later if bean still not soft)
3. While boiling, fry 1 large onion in long slices with 2 tbsp. olive oil. When golden brown (not carmelized) add to pot. Add 1 tbsp. tomato paste and reduce heat to simmer. Continue to simmer until the stew thickens.
4. Make a side dish of rice
5. How to serve: You can eat stew with or without rice. Can be poured on top of rice or along side it.