

Dry Beans Stew with Meat

Traditional Turkish white bean stew with tender meat, slow-simmered in aromatic tomato sauce. A hearty Ottoman-era comfort food perfect with rice.

15 min

PREP

40 min

COOK

55 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 cup dry bean
- 0.6 lb stew meat
- 2 onion
- 0.5 tbsp tomato paste
- 2 tsp salt
- 1 tsp chili flakes
- 3 cup water
- 6 green pepper
- 2 tbsp olive oil
- 0.5 tbsp pepper paste
- 0.5 tbsp butter
- 2 tsp black pepper

Instructions

1 Prepare the beans

Drain the 1 cup soaked beans and rinse under cold water. Place beans in a large pot with the 3 cups fresh water and bring to a rolling boil over high heat. Reduce heat to medium-low and simmer for 45-60 minutes until beans are fork-tender but still hold their shape.

2 Cook the aromatics

Heat the 2 tablespoons olive oil in a large heavy-bottomed pot over medium-high heat. Add the 2 diced onions and cook for 5-6 minutes, stirring occasionally, until softened and lightly golden.

- 3 Add the 0.6 lb cubed beef to the pot and sear for 6-8 minutes, turning pieces to brown on all sides. The meat should develop a rich golden-brown crust and release easily from the bottom of the pot.
- 4 Stir in the 0.5 tablespoon tomato paste, 0.5 tablespoon pepper paste, 2 teaspoons red pepper flakes, 1 teaspoon salt, and 2 teaspoons black pepper. Cook for 2 minutes, stirring constantly, until the pastes darken and become fragrant.
- 5 **Combine and simmer**
Drain the cooked beans, reserving 2 cups of the cooking liquid. Add the drained beans to the meat mixture and stir gently to combine without breaking the beans.
- 6 Pour in the reserved bean cooking liquid and bring to a boil over high heat. Reduce heat to low, cover partially with a lid, and simmer for 30-40 minutes until the sauce thickens and coats the back of a spoon.
- 7 Remove from heat and let stand uncovered for 10 minutes before serving. The meat should be fork-tender and the beans creamy but intact.

Tips

Soak dried beans overnight in plenty of cold water—they'll double in size and cook more evenly.

Test bean doneness by mashing one against the side of the pot with a wooden spoon—it should give way easily without being mushy.

Brown the meat thoroughly before adding other ingredients to develop deep, rich flavors in the final stew.

Reserve some bean cooking liquid when draining—it's full of starch and helps thicken the stew naturally.

Let the finished stew rest off heat for 10 minutes before serving to allow the flavors to meld and the sauce to thicken.

If your stew is too thin, simmer uncovered for the last 10-15 minutes to reduce and concentrate the sauce.

Store leftover stew in the refrigerator where it will taste even better the next day as flavors continue to develop.