

Persian Green beans pilaf

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/basmati-saffron-rice-persian-recipe>

Ingredients:

- 2 cups basmati or 3
- 3/4 cup clarified butter
- 2 yellow onions large, chopped
- 1 teaspoon garlic paste mashed in a mortar with a dash of salt
- 1 1/2 pounds stew meat cut into no bigger than 1/2 inch pieces
- 1 1/2 pounds tomatoes chopped, or the equivalent in canned tomatoes
- 1 1/2 pounds green beans ends cut-up and beans cut-up into 1/2 inch pieces
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoons salt or to taste
- 1/4 teaspoon black pepper
- 1 1/2 teaspoons rice advieh, see note
- 1 dried lime or juice of a lime
- 3/4 cup plain yogurt mixed with one egg
- 1/2 teaspoon saffron
- 1/4 cup hot water
- 2 tablespoons rose petals
- 2 tablespoons ground cinnamon
- 2 tablespoons ground cardamom
- 1 tablespoon ground cumin

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 130 milligrams
4. Fat: 45 grams
5. Fiber: 9 grams
6. Protein: 26 grams
7. SaturatedFat: 23 grams
8. Sodium: 600 milligrams

9. Sugar: 9 grams

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