

# Kuru Fasulye – Turkish white bean stew

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/best-turkish-fasulye-recipe>

## Ingredients:

- 1 1/2 cups white beans dried, ., Dried cannellini beans is the name I believe, you can buy them in supermarkets in the UK – I checked.
- 1 1/2 onions chopped
- 1 tablespoon tomato paste
- olive oil
- salt
- red pepper flakes
- water

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 240 milligrams
8. Sugar: 3 grams

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