

Lubia Polo, Persian Green Bean Rice

Yield: 5 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lubia-polo-recipe>

Ingredients:

- 2 cups basmati rice uncooked
- 600 grams stewing beef lean, cut into 1-inch pieces
- 500 grams green beans trimmed and cut into 1 1/2-inch pieces, about 5 cups cuted
- 1/2 cup crushed tomatoes
- 1 onion medium, finely chopped
- 3/4 teaspoon ground cinnamon
- 1 teaspoon turmeric powder
- 1/4 teaspoon angelica ground, also known as Golpar, optional
- 1/2 teaspoon cumin
- saffron ground
- 1/4 teaspoon allspice
- 1/2 teaspoon ground nutmeg
- bread thin, I used pita bread
- 1/3 cup unsalted butter more or less depends on your taste
- oil vegetable
- salt
- pepper

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 35 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 8 grams
8. Sodium: 270 milligrams

9. Sugar: 4 grams

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