

Arabic Seven Spice (Baharat) White Bean Stew

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-baharat-spice-recipe>

Ingredients:

- 1 3/8 cups butter beans dried, soaked overnight then cooked and drained.
- 1 1/2 cups white beans canned
- 2 tablespoons olive oil
- 1 onion finely sliced
- 2 cloves garlic crushed
- 2 celery sticks peeled and sliced
- 2 tablespoons baharat
- 7 spice
- 1 tomatoes x 400g tinned, chopped
- salt to taste
- 1 handful coriander minced for garnish, optional

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 67 grams
3. Fat: 8 grams
4. Fiber: 19 grams
5. Protein: 21 grams
6. SaturatedFat: 1 grams
7. Sodium: 240 milligrams
8. Sugar: 8 grams

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