

Turkish Baked Beans

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-baked-beans-recipe>

Ingredients:

- 1 cup red kidney beans dried, [approx 1 1/4 cups]*
- water for soaking and boiling beans
- 1/4 cup olive oil
- 1 brown onion roughly diced
- 2 tablespoons tomato paste
- 2 teaspoons sweet paprika or smoked hot
- 1 handful thyme sprigs [or 2 tsp dry thyme]
- 3 garlic cloves peeled and lightly crushed
- 1 3/4 pounds tomatoes ripe, [approx 6 medium], roughly diced
- cracked black pepper
- sea salt
- 2 teaspoons apple cider vinegar
- 1 handful flat leaf parsley torn to sprinkle
- lemon wedges to squeeze
- bread Turkish, to dip
- olive oil to drizzle

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 27 grams
3. Fat: 20 grams
4. Fiber: 6 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 370 milligrams
8. Sugar: 9 grams

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