



Spicy Arabian Beans

Ingredients:

3 TBL olive oil

1 large onion, chopped

6 - 8 cloves of garlic, minced

1 green pepper chopped

2 stalks celery, chopped

1 19-oz can white kidney beans

1 19-oz can black or red beans

1 28-oz can diced tomatoes

1 - 2 TBL Arabian Baharat
(depending on how spicy you want
it)

1 tsp lemon juice

1 tsp dried mint (or 1 TBL fresh)

1 small bunch parsley, chopped

Salt to taste

Spices Used:

Instructions:

Sauté onions, pepper, celery in the olive oil over a medium heat until the onion becomes translucent.

2 - Drain, wash and rinse the beans and add them to the pot along with the tomatoes, garlic, lemon juice and Arabian Baharat.

3 - Season and Simmer over low heat for about an hour and then add the mint and half the parsley and continue cooking for ten minutes. Adjust seasoning.

4 - Serve over rice or couscous and sprinkle with the remaining parsley.