TURKISH · DINNER

Belen Tava (Turkish Oven-Braised Veal with Peppers)

80 min · Serves 6 · 238 kcal a serve · Video 7:54 · Refika's Kitchen

Gluten-free ingredients · No nuts listed

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A little meat goes a long way with plenty of tomatoes, peppers, onion and garlic: one serve gives about 25 g of protein and is rich in vitamin C, zinc and vitamin B12.

Diet notes: Low carb (7.7 g net carbs) but not keto: 42% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: ghee instead of the butter.

Ingredients 14 · SERVES 6

- [ ] 1¾ oz **butter** (or lamb tail fat), cut into small pieces
- [ ] 1 lb **veal round** (or lamb ribs or breast), diced small
- [ ] 1 heaping tsp **salt**
- [ ] 1 tsp **black pepper**
- [ ] 1 **onion** (7 oz), diced
- [ ] 2 **green peppers**, diced
- [ ] 1 **sweet red pepper**, diced
- [ ] 3 **tomatoes** (14 oz), diced
- [ ] 10 cloves **garlic**, crushed with a pinch of salt and chopped
- [ ] 1 tsp **dried thyme**
- [ ] 1 tsp **red pepper powder**
- [ ] 1 tbsp **tomato paste**
- [ ] ¾ cup **water**
- [ ] **fresh parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 425°F (no fan). Melt the butter in a shallow clay pot or cast-iron pan over medium heat without letting it burn. 0:47
2. Add the meat, season with half the salt and pepper and sear for 3–4 minutes, stirring now and then. 1:31
3. Stir in the onion, peppers and tomatoes. Crush the garlic with a pinch of salt, chop it finely and add it with the rest of the salt and pepper, the thyme and the red pepper powder. 1:47
4. Mix the tomato paste into the water and pour it over. Lay a round of baking paper directly on top of the food. 3:42
5. Bake on the second-lowest rack for about 1 hour for veal (25–30 minutes if using lamb), until the meat is very tender. Scatter with parsley and finish with freshly ground pepper. 4:44

> **Tip** Refika serves it with warm Turkish pide for dipping into the juices; it is also good with bulgur or potatoes. Olive oil can replace the butter.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
238 kcal	25 g	10 g
990 kJ	49% of a day	7.7 g net · 4.7 g sugars
		4% of a day

FIBRE	FAT	SODIUM
2.5 g	11 g	500 mg
9% of a day	5.9 g saturated	22% of a day
	14% of a day	

Energy from net carbs 13% · protein 44% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 55% · Vitamin B12 31% · Vitamin B6 28% · Zinc 26% · Vitamin K 24% · Selenium 20%

Source of (10–19%) Vitamin A 14% · Potassium 12% · Vitamin E 10% · Folate 10%

Recipe and video: Refika's Kitchen (@Refika) on YouTube — youtube.com/watch?v=DmOkh9KZCvY, published 8 March 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/belen-tava-turkish-baked-veal-peppers