SYRIAN · DINNER · LUNCH

Fasolia bil Lahmeh (Syrian Green Beans with Minced Meat)

فاصوليه باللحمة

45 min · Serves 4 · 373 kcal a serve · Video 5:01 in Arabic · Heba Nahhas l هبة نحاس

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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29 g protein, 9 g fibre and 15 g net carbs a serve from green beans braised with minced meat, garlic and coriander; a serve is rich in vitamin B12, vitamin K and zinc.

Ingredients 7 · SERVES 4

- [ ] 500 g minced **lamb or beef**
- [ ] 2 tbsp **ground dried coriander**
- [ ] 1 whole head **garlic**, crushed
- [ ] 1 tsp **seven-spice** (baharat)
- [ ] 1 tsp **salt**
- [ ] 1 kg **frozen green beans**, cut into short pieces
- [ ] 2 tbsp **tomato paste**

Allergens found in the listed ingredients: none. 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. Put the minced meat in a pot with the ground coriander, crushed garlic, seven-spice and salt, and fry, breaking it up, until the meat is cooked and starts to brown in its own fat. 0:35
2. Cut the green beans into short pieces; frozen beans are easier to cut while still frozen. 1:07
3. Add the beans to the meat and stir. If the meat is lean and the pan looks dry, add a little oil or fat. Fry, stirring now and then, until the beans soften and change colour. 1:24
4. Pour in as much water as you like for the sauce and stir in the tomato paste. Bring to the boil, then lower the heat. 1:46
5. Simmer until the beans are tender and the sauce has thickened, then serve hot. 2:17

> **Tip** Serves about 4 (our estimate). In Aleppo it is eaten with vermicelli rice, which the video also shows; skip it or swap in cauliflower rice to keep the carbs low. Fresh beans work too and need a little longer.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
373 kcal 1,560 kJ	**29** g 58% of a day	**24** g 15 g net · 9.3 g sugars 9% of a day	**9** g 32% of a day	**20** g 7.7 g saturated 25% of a day	**680** mg 30% of a day

Energy from net carbs 17% · protein 33% · fat 50% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 102% · Vitamin K 94% · Zinc 48% · Selenium 48% · Vitamin C 39% · Vitamin B6 35% · Iron 32% · Folate 26% · Magnesium 25% · Omega-3 25% · Potassium 21%

Source of (10–19%) Calcium 12% · Vitamin E 11% · Vitamin A 10%

Recipe and video: Heba Nahhas l هبة نحاس (@heba-nahhas) on YouTube — youtube.com/watch?v=nZodFTcVSog, published 22 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/fasolia-bil-lahmeh-syrian-green-beans