NORTH AFRICAN · LUNCH · DINNER

Sudanese White Bean and Beef Stew (Fasolia)

فاصوليا بيضاء مطبوخة

110 min · plus 3–4 hours soaking the beans · Serves 5 · 390 kcal a serve

Video 3:50 in Arabic · Tagwa Sudaniya

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

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About 27 g protein and 9 g fibre a serve from white beans and beef; the 31 g net carbs come from beans, which digest slowly.

Diet notes: Low saturated fat (2.2 g, 5% of the energy); DASH-friendly (430 mg sodium a serve).

Ingredients 10 · SERVES 5

- [ ] 9 oz **dried white beans**, soaked 3–4 hours and boiled until tender
- [ ] 11 oz **beef** (or veal), cut into small cubes
- [ ] 4 **onions** (about 1 lb), diced
- [ ] ¼ cup **vegetable oil**
- [ ] 2 tbsp **tomato paste**
- [ ] 1½ tsp **ground coriander** (1 tsp with the onions, the rest to finish)
- [ ] 1 small **cube frozen crushed garlic** (about 1 tsp)
- [ ] 4 cups **water** (3 cups boiling for the beef, 1 cup to loosen the sauce)
- [ ] **salt**, to taste
- [ ] a sprinkle of **black pepper**

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

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. Soak the beans 3–4 hours, then boil them in about 2 quarts of water, covered, for 40–50 minutes until tender; drain. 0:02
2. Meanwhile make the dama (stew base): fry the diced onions in the oil with 1 tsp ground coriander until soft and melting. 0:48
3. Add the beef and salt, stir well, then pour in 3 cups of boiling water. Cover and cook on medium heat for 40 minutes. 1:15
4. Stir in the garlic and tomato paste, loosen with 1 cup of water, cover and simmer 15 minutes until the sauce thickens. 1:53
5. Add the cooked beans, the rest of the coriander and the black pepper, cover and simmer a few more minutes before serving. 2:30

> **Tip** Sudanese families eat it with rice, bread or kisra (thin sorghum flatbread); a salad keeps the meal lighter. Serves 5 is our estimate. Canned white beans (about 1¼ lb drained, 2½ × 14 oz cans) save the soaking.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
390 kcal	**27 g**	**40 g**
1,630 kJ	55% of a day	31 g net · 5.3 g sugars
		15% of a day

FIBRE	FAT	SODIUM
9.5 g	**15 g**	**430 mg**
34% of a day	2.2 g saturated	19% of a day
	19% of a day	

Energy from net carbs 34% · protein 29% · fat 37%

High in (20%+ of a day) Omega-3 69% · Zinc 51% · Vitamin B12 51% · Iron 34% · Selenium 33% · Folate 29% · Vitamin B6 29% · Magnesium 23% · Potassium 22% · Vitamin E 22%

Source of (10–19%) Vitamin K 12% · Calcium 11% · Vitamin C 10%

Recipe and video: Tagwa Sudaniya (@Sudaniya) on YouTube — youtube.com/watch?v=Ge8Q8p2U5ns, published 10 January 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/sudanese-fasolia-white-bean-beef-stew