Khoresh Loobia

Persian Green Bean Stew

Green Bean Stew is one of Persia’s most eaten dishes. This vegan version is absolutely incredible.

INGREDIENTS

1 teaspoon vegetable oil

300 g ( 10 oz ) green beans, trimmed and chopped in half

1 tablespoon vegetable oil

1 large onion, finely sliced

1 pinch salt

3 cloves garlic, minced

350 g ( 12 oz ) small mushrooms, whole

1 teaspoon black pepper

1 teaspoon turmeric

1/2 teaspoon cinnamon

1/2 teaspoon cayenne pepper

1 400 g ( 14 oz ) tin chopped tomatoes

300 ml ( 10 fl oz ) water

1 vegetable stock cube, I used kallo

200 g ( 7 oz ) squash, cut into bite size chunks

2 tablespoons fresh lemon juice

METHOD

Start by preparing the beans. Place them in a frying pan with the 1 teaspoon of oil and fry gently for 10-12 minutes until they are softened and slightly cooked through. Put to one side whilst you prepare the rest of the dish.

In a separate pan, fry the onions, with a pinch of salt, along with the garlic, over a medium heat for 8-10 minutes until the onions are starting to caramelise. Add the whole mushrooms and continue to cook for a further 5-7 minutes until the onions are very caramelised. If the onions become too dry at any point, add a splash of water as necessary, continuing to cook until the onions are ready.

Now add the pepper, turmeric, cinnamon and cayenne, stir well for 30 seconds and add the chopped tomatoes, water, lemon juice and vegetable stock cube.

Bring to the boil and then reduce to a simmer, add the fried beans and the squash, cover with a lid, and continue to simmer for 40-45 minutes. Checking to be sure the sauce does not become too dry.

Remove the lid and continue to cook until the sauce has reduced and all the vegetables are well cooked.