

Fasulia Stew



INGREDIENTS

2 tablespoons olive oil
1 pound stew meat (lamb or beef, cubed)
1 medium onion (peeled and chopped)
2 cloves garlic (peeled and minced)
1 (16-ounce) can crushed tomatoes
1/2 teaspoon ground cumin
1 teaspoon ground coriander
1/8 teaspoon ground allspice
1 teaspoon salt (or to taste)
1/2 teaspoon ground black pepper (or to taste)
8 cups water
1 (4-ounce) can tomato puree
1 pound green beans (frozen or fresh)
Optional: 1/4 flour (with a splash of water)

MISSION FOCUS

The Dearborn Project
Adam Jones

Read more about **The Dearborn Project**
on other side →

INSTRUCTIONS

Add the 2 tablespoons of olive oil to a large pot or Dutch oven. Add the cubed stew meat and brown on all sides.

Add in the chopped onion and minced garlic.

Add the crushed tomatoes, stirring them in well with the meat, garlic, and onion.

Add the ground cumin, ground coriander, ground allspice, salt, and pepper.

Pour in the water and the tomato puree. Stir and combine well. Add the green beans and bring to a boil. Reduce the heat to low and simmer for 2 hours, or until meat is tender and done.

The sauce should thicken slightly as it cooks. If it does not or if you would like a thicker sauce, whisk in a slurry comprised of 1/4 cup flour mixed with a little water until well combined. Then cook the sauce on high for a few minutes to allow the raw flour to cook out and the sauce to thicken.

SERVING

Serve the stew over white rice alongside a green salad

Recipe Note: (see other side for recipe)

The word fasulia, sometimes spelled fasolia, is the Lebanese term for red beans. However, in other countries of the Middle East such as Egypt and Turkey, it can refer to green beans as well. Fasulia stew, therefore, is traditionally a hearty, slow cooked dish of beans in a seasoned tomato sauce. The stew can be made vegetarian by omitting the beef or lamb altogether and simply serving it over a bed of rice or warm flatbread such as pita or naan. Its warm spices and earthy tomato sauce make it a comforting dish even without the protein and, of course, you can always add in some chickpeas. When meat is included, however, it is a hearty entree that is well suited for meals on cold, winter days. Spices such as ground cumin, coriander and allspice provide not only a depth of flavor but also a wonderful aroma without adding any heat, which is more common of Middle Eastern foods. And they work equally well with both the green beans and tomatoes as well as beef or lamb so no change in recipe is needed to make this vegetarian. When adding meat, either beef or lamb work equally well so it's only a matter of which you personally prefer. Cubed beef stew meat is quite easy to find all supermarkets and butcher shops. Although cubed lamb might be a little less commonly found, it still should be available at all butcher shops and many large supermarket chains. Ask at the meat counter and chances are they will be able to cut up some lamb into stew cubes for you. The slow stove top simmer in the sauce will reduce most of the natural gaminess of lamb but, if you're a fan, you'll still find plenty of flavor.

The Dearborn Project:

Dearborn, Michigan, is home to the largest concentration of Arabs outside the Middle East. The Dearborn Project, in partnership with Global Partners and the Great Lakes District of The Wesleyan Church, was initiated to provide opportunities to bless the Dearborn community as well as share the love of Jesus Christ. It is our mission to provide intentional opportunities for people in our community to encounter Jesus. We serve our community through:

English as a second language classes (ESL)
Refugee resettlement
Community Faith Dinners
Other projects that will bless and lift up our community

It is also our mission to spur established churches to love and effect the immigrant community around them. The Dearborn Project serves as an experiential destination where Christians can connect with people from another culture and experience the beautiful diversity of God's creation. The Dearborn Project also offers training in effectively nurturing God-honoring relationships.