

## **ZEYTÝNYAÐLI BAMYA**

**Kategori : Sebzeli Yemekler**

**Yayýnlayan [Admin](#) 2013/9/22**

### MALZEMELER

- 1-500gr. Bamya( temizlenmiþ)
- 2- bir baþ kuru soðan
- 3-bir orta boy havuç
- 4-bir limon
- 5-dört-beþ dal maydanz
- 6-yarým su bardađý zeytinyađý
- 1- Bir tatlý kaþýđý biber salçasý
- 2- Ýki kesme þeker
  
- 3- Ýki iri domates
  
- 4- Tuz
  
- 5- Üç-dört dip sarýmsak

YAPILIPI:yađý ýsýt. Ýnce doðranmýþ sarýmsađýn yarýsý ve soðaný sararýncaya kadar kavur. Biber salçasýný,kesme þekeri ilave et bir-iki daha çevirdikten sonra temizlenmiþ ve doðranmýþ havucu ilave et biraz daha sotele.bamyayý ve kabuklarý soyulup doðranmýþ domatesleri.koyduktan sonra yeteince sýcak su ,tuz ve limon suyunu da koyduktan sonra ađzýný kapatarak.kýsýk atepte yumuþayýp suyu çekilinceye kadar piþir. Ilýýýnca servis tabađýna al üzerine kýyýlmýþ maydanoz ve sarýmsak dök.[www.pervinengin.net](http://www.pervinengin.net).

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21

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