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Turkish Pea Stew



By Maša Ofei | Posted on November 27, 2022

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Turkish pea stew, also known as "Bezelye," is a hearty, nutritious stew that's veggie-loaded and simmered in a tomato sauce. It's the perfect meal to enjoy on its own or with side dishes.

A protein-packed meal that's usually made with mince, however, I've switched it out for TVP (textured vegetable protein), and it's delicious!

This is my take on a traditional Turkish dish, and trust me, you'll be adding it to your go-to recipes list in no time.



What's in this pea stew?

The ingredients are straightforward. Here's what you'll find inside:



10 PLANT-BASED
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heartful table.

- Olive oil
- Onion
- Garlic
- Carrot
- Potatoes
- Red pepper (capsicum)
- Green peas (fresh or frozen)
- TVP (textured vegetable protein)
- Tomatoes
- Tomato paste
- Vegetable stock cube
- Smoked paprika
- Salt
- Pepper



What would you serve with this dish?

This is great both as a main or side dish. You can serve it in many different ways. Here are a few suggestions:

- Rice
- Bread
- Couscous
- Cook it without potatoes and serve it with mashed potato
- [Falafels](#)
- [Tzatziki](#)



Tips for making this dish

- You can use canned tomatoes instead of fresh ones if that's all you can access.
- If you don't want to use TVP, you can leave it out altogether or swap it for vegan mince. You'll need about 1 cup. You'll have to add it at the beginning with the onions and garlic if using mince from the fridge. Cook it down for 2-3 minutes, then follow the recipe as written.
- You can substitute the frozen with fresh or canned peas. I haven't tried this myself.
- This is a great meal prep dish. It'll keep in the fridge for up to 3-4 days and freeze for up to 6 months. Just thaw it out in the refrigerator and reheat it on the stove with a dash of extra water to loosen it.
- If you want some heat, you can add red chilli flakes in step 6.



I hope you enjoy this simple, humble dish. Yes, it's a pea-based dish, but trust me, it's delicious!

I'm still scratching my head, wondering why peas get such a bad rap?!

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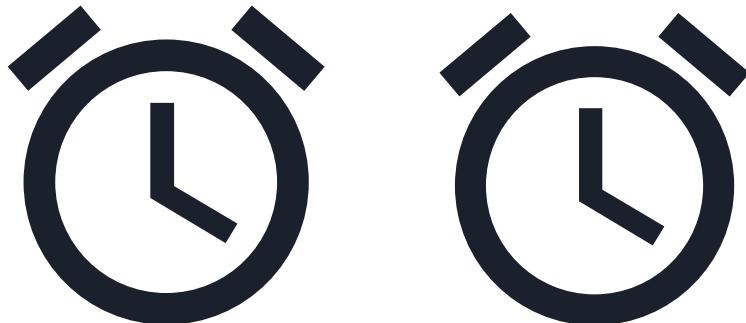
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Turkish Pea Stew



Author: Maša Ofei Prep Time: 20 minutes



Cook Time: 30 minutes Total Time: 50 minutes



Yield: 4-6

A Turkish pea stew that is loaded with veggies and hearty goodness. Easy to make and a meal that the whole family can enjoy! This recipe can be served as a main or a side.

Ingredients

- ½ cup / 50g **TVP** (textured vegetable protein)
- 3 tablespoons **olive oil**
- 1 **onion**, finely diced

- 3 **garlic cloves**, thinly sliced
- 1 medium **carrot**, finely diced
- 380g / .84 pounds (*around 3–4 med*) **potatoes**, finely diced
- 1 medium **red pepper** (*capsicum*), finely diced
- 4 cups / 500g **green peas** (*fresh or frozen*)
- 2 medium **tomatoes**, chopped
- 1 heaped tablespoon **tomato paste**
- ½ teaspoon **smoked paprika**
- 1 **vegetable stock cube** (*or 1 heaped teaspoon of powder*)
- 2 cups / 500ml **water**
- 1 teaspoon **salt** (*adjust as needed*)
- ½ teaspoon **pepper**, freshly cracked

Instructions

- 1 In a small bowl, add the TVP, pour boiling water to submerge it, and cover it with a lid or plate. Set aside.
- 2 Before you start cooking, chop up the onion, garlic, carrot, potatoes, red pepper, and tomatoes. Keep each one separate.
- 3 To a large pot on medium-high heat, add the olive oil, onions, and garlic. Saute for a couple of minutes until it gets a bit of colour.
- 4 Add in the carrot and potatoes, stirring for about 30 seconds to ensure that the potatoes don't stick to the bottom. If they start to catch, add a splash of water to deglaze the pot. Let it cook for 5 minutes, covered partially with a lid.
- 5 Drain and rinse the TVP and add it to the pot with red pepper, green peas, tomatoes, tomato paste, and smoked paprika. Cook for a further

2-3 minutes, stirring occasionally.

- 6 Add in the stock cube and water and cook for 10 minutes with the lid partially on.
- 7 Lastly, add salt and pepper and cook until the potatoes are cooked. This should take about 5 minutes. Check the seasoning and adjust if necessary.
- 8 Serve warm with some bread or on its own. This dish makes a great side or as a main.

Diet: Vegan

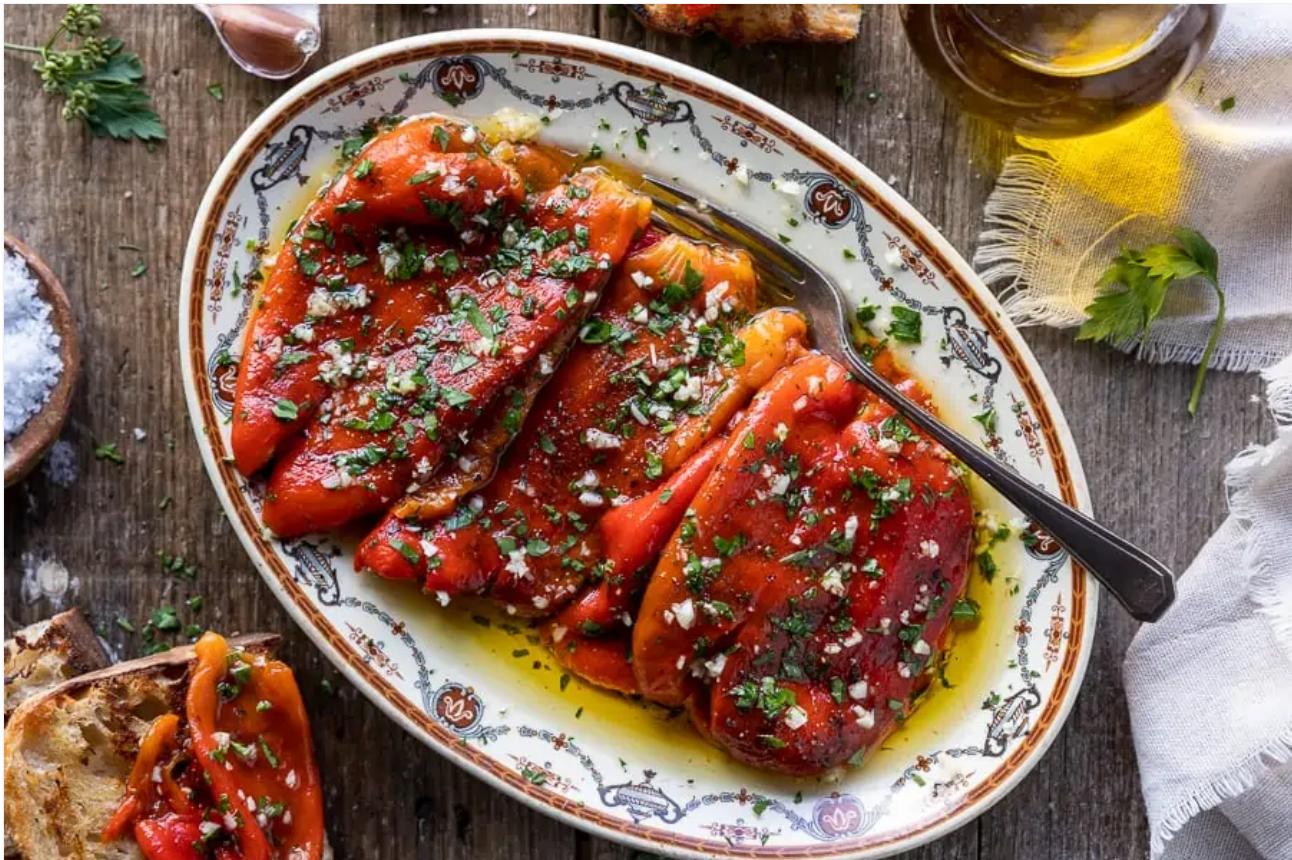


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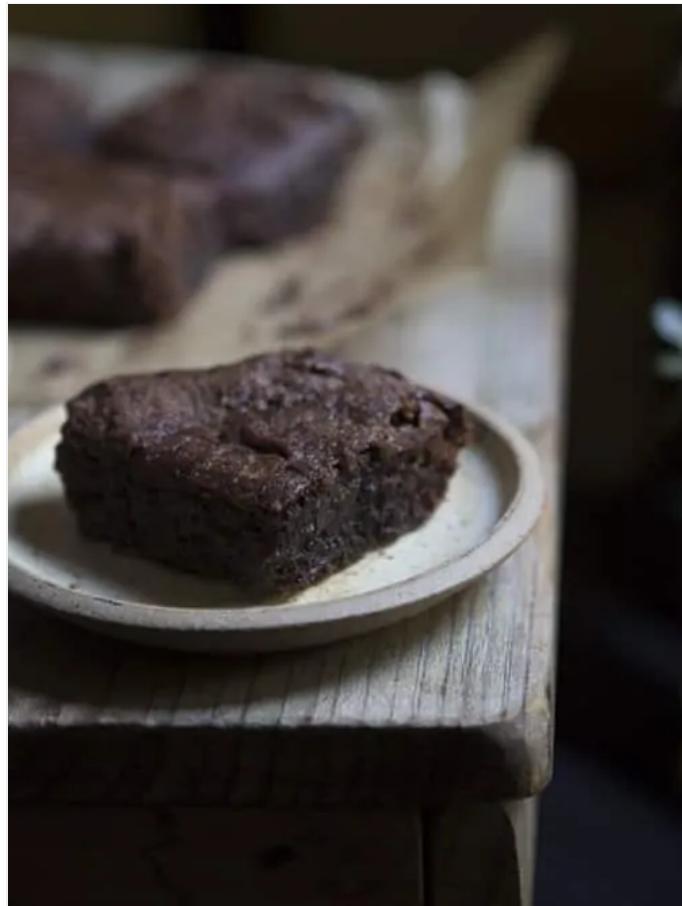
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Hi, I'm Maša, a food-obsessed vegan recipe developer, photographer, and animal lover living in Tasmania, Australia.

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