

Sour Zucchini

Traditional Middle Eastern sour zucchini stew with chickpeas and beef. A tangy, hearty dish perfect for family dinners with authentic flavors.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Sour Zucchini

Ingredients

- 4 zucchini
- 0.5 cup chickpea
- 1 lb stew meat
- 1 onion
- 3 tomato
- 4 clove garlic
- 1 tbsp sunflower oil
- 2 tsp salt
- 0.5 lemon

Instructions

- 1 Prepare the chickpeas**

Place 4 chickpeas in a bowl and cover with 3 cups of water. Let soak overnight or for at least 8 hours until they have doubled in size and softened.
- 2 Prepare the vegetables and meat**

Cut 1 pound zucchini into 1-inch cubes. Dice 1 tomato into small pieces. Finely chop 3 onions. Mince 4 cloves garlic.
- 3 Start the base**

Heat 1 tablespoon oil in a large heavy-bottomed pot over medium heat (160°C/325°F). Add the chopped onions and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.
- 4 Add the minced garlic to the pot and cook until fragrant, about 1 minute, stirring constantly to prevent burning.**
- 5 Brown the meat**

Add 0.5 pounds beef to the pot and cook, stirring occasionally, until browned on all sides, about 6-8 minutes total.
- 6 Add chickpeas and vegetables**

Drain the soaked chickpeas and add them to the pot along with the diced tomatoes. Stir to combine and cook for 2 minutes.
- 7 Add the zucchini cubes and 2 teaspoons salt to the pot. Pour in enough water to barely cover all ingredients, about 2-3 cups.**
- 8 Simmer the stew**

Bring the mixture to a boil over high heat, then reduce heat to low and simmer gently until the chickpeas are tender and the zucchini is

fork-tender but not mushy, about 15-20 minutes.

9 Finish and serve

Remove from heat and stir in 0.5 lemon juice. Taste and adjust seasoning with additional salt if needed. Let rest for 5 minutes before serving to allow flavors to meld.

Tips

Soak chickpeas overnight in plenty of water with a pinch of baking soda to help soften them and reduce cooking time.

Don't add the lemon juice too early in the cooking process, as prolonged cooking can make it bitter. Add it in the final minutes.

Salt the zucchini cubes lightly and let them drain for 15 minutes before cooking to remove excess moisture and prevent a watery stew.

Brown the meat well before adding other ingredients to develop deeper flavors in the final dish.

Taste and adjust the sourness gradually - you can always add more lemon juice, but you can't take it away.

If the stew becomes too thick during cooking, add warm water or broth rather than cold liquid to maintain temperature.

Let the stew rest for 10 minutes after cooking to allow flavors to meld before serving.