



Meet a Special Mother – Guity Ravai Khorshid



Guity Ravai Khorshid, whose name means the sun in Farsi, was a very talented woman, who was admired for her beauty, elegance, and artistic skills. She produced high quality decorations and was able to play the piano and accordion by ear. She was also a skilled cook and hosted many elegant and fun dinner parties. She is remembered for all that by her family and friends.

Lubia Polo (Green bean rice)

This recipe is an Iranian dinner dish

1 large onion
1 pound beef stew meat, cut into small pieces
1-1/2 teaspoons ground turmeric
1/2 teaspoon ground cumin
black pepper, as needed
3 Tablespoons tomato paste
2 cups water
1/2 teaspoon salt
1 can drained or 1-lb fresh green beans cut into 1" pieces and cooked.
1 teaspoon cinnamon
one fresh lime
tip of teaspoon of saffron, optional

Basmati Rice

2 cups uncooked Basmati rice
3 cups water
1-1/2 teaspoons salt or as desired
1/3 cup vegetable oil

Serve with cucumber, tomato, and onion salad dressed with lemon juice and olive oil as desired

Cooking the Meat:

- Cut the onion into small and thin pieces and fry them for about 15 minutes or until they start to caramelize.
- Cut the beef into small pieces (1") and add them to the fried onions.
- Add the turmeric and cumin to the mix.
- Stir the meat until all sides is browned/seared.
- Add black pepper, as needed
- After the meat is browned, add the tomato paste.
- Transfer the meat to a medium Dutch Oven pot.
- Add 2 cups of drinking water.
- Let it cook on low heat for 1.5 hours

After Cooking until tender about 1.5 hours:

- Check the meat; if it is cooked, add ½ tsp of salt.
- Add the drained green beans to the sauce.
- Add the cinnamon to the mix.
- Squeeze in half of a fresh lime.
- Cook the sauce until the sauce thickens.
- Add a tip of the teaspoon of saffron, if desired

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Prepare the Rice while Meat in Cooking:

- Rinse the basmati rice in cold water 3 times.
- Add the rice to a medium nonstick pot.
- Add 3 cups of drinking water to the pot
- Add 1-1/2 teaspoon salt to the pot.
- Add 1/3 cup of vegetable oil to the mix.
- Let it rest while the meat is cooking.

Cook the rice:

- Cook the rice in the pot over medium-high heat, uncovered.
- Wait until most of the water has evaporated.
- At this point, combine the sauce and the rice and mix it well with a spatula.
- Cover the pot and place a paper towel under the lid.
- Let it simmer on medium heat for 30 minutes or longer.
- Do not stir. The rice will crust on the bottom of the pot.
- After 30 minutes, your rice dinner is ready to enjoy
- Scrape up the crusty rice on the bottom of the pot and serve
- It is called “Tah dig” and is a very popular part of the dish; serve separately.
- Serve with: a cucumber, tomato, and onion salad with lemon and olive oil dressing. Serves: about 6 to 8

About the Recipe:

This dish is a healthy, one-pot meal that is delicious to serve for a weeknight dinner or party. Its fluffy rice is folded into a rich tomato meat sauce, that is seasoned with turmeric, cumin, and cinnamon. Green beans add a nutritious addition, and it’s served with a tomato, cucumber, and onion salad that’s dressed with lemon/olive oil. Crispy rice forms at the bottom of the pot and is called “Tah dig” and is a very popular part of the dish.