



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Spring Tarhana Soup

Bahar Tarhanası



1 medium onion  
7 tbsp sunflower oil  
150 grams chicken cubes  
1/3 cup tarhana  
1/3 cup chickpea  
1/3 cup red lentil  
1/3 cup rice  
3 medium tomatoes  
1 tsp sweet red pepper powder  
2 tsp salt  
8 cups water or broth

For Garnish:  
7 - 8 stems of parsley

- # Wash the chickpea and rest it in clean water for overnight. The day after, pour the chickpea with its water into a pot and boil, until the chickpea softens.
- # Put 7 tbsp sunflower oil into a separate pot and make it hot over medium heat. Then, add finally diced onion in it.
- # Fry the onion, until it turns to yellow. Then add the chicken cubes in it.
- # When the chicken gives its broth and soaks it again, add red lentil in it and sauté the mixture for a while.
- # Add grated tomato on it. When the tomato reaches to the boiling temperature, add the mixture of tarhana and 1 cup hot water on it.
- # Make the mixture reach boiling temperature over medium heat by stirring constantly. Then, add washed and strained rice in it. Add 8 cups of hot water or broth in it also.
- # After cooking the soup for 20 minutes by stirring constantly, add boiled chickpea, red pepper powder and salt in it.
- # Cook the soup over low heat for 5 more minutes, then remove it from the stove.
- # Fill the hot soup into the bowls, and sprinkle sliced parsley all over.

**Note:** Tarhana keeps the ingredients together in this soup.