



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

---

## Stuffed Chard Leaves

Pazı Sarması



4.40 pounds chard  
6 tbsp vegetable oil  
4 onions  
4 tbsp rice  
8.8 ounces ground meat  
7-8 stems of dill  
1 tsp salt  
1/2 tsp black pepper  
7-8 stems of parsley  
2 cups gravy

- # Cut off the stems of the chard leaves, boil with too much water for 1 minute, and cool it down.
- # Cut off the large vein vessels on the middle of the chard leaves, and cut them into 2 pieces.
- # Put 3 tbsp oil into the pot, and sauté the sliced onion with it for a few minute, add ground meat, salt, black pepper, when the mixture gets cooked a little add the rice. Add half cup water.
- # When the ingredients get par-cooked add finely sliced dill and parsley and remove the pot from the medium heat stove.
- # When the mixture cools down, pick walnut sized pieces, place on the middle of the chard leaves, and wrap the leaves, place on the pot.
- # After wrapping all the chard leaves add the remaining oil and 2 cups gravy.
- # Cook over medium heat for 45 minutes. Serve hot.

**Not:** You can wrap the chard leaves thicker than grape leaves.