



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

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## Tandoori Soup

Tandır Çorbası



4 medium potatoes  
1/3 cup milk  
1 medium onion  
1/2 cup bulgur  
1 cup chickpea  
1 tbsp tomato paste  
7 cups water or broth  
1/3 cup vegetable oil  
2 tsp salt  
2 tsp dried mint

- # Put the chickpea into water at night, and rest it in water overnight. The day after, boil the potatoes and the chickpea in separate pots, until they soften.
- # Put the vegetable oil into a pot and make it hot. Add finely diced onion in it. When the onion pieces turn to transparent, add tomato paste in it and sauté it.
- # Add washed and strained bulgur on it. After sautéing it for a while, add water or broth in it. Let it cook for 15 more minutes.
- # Meanwhile, peel the boiled potatoes. Mash them with 1/3 cup of milk to turn it to puree.
- # Add the puree into the soup, which is cooking at the same time. Stir it by a fork or a beater, until the soup smoothens.
- # Add the boiled chickpea and salt in it. After it reaches to the boiling temperature, cook it for 5 more minutes.
- # Add the dried mint in it finally. Stir the soup and remove it from the stove. Serve it hot.

**Note:** Tandoori soup is a traditional soup of Anatolia, which is cooked since old ages.