



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

Plain Soup

Yavan Çorba



2/3 cup red lentil
1/3 cup white kidney beans
1/3 cup chickpeas
1/3 cup wheat
4 medium onions
3 tbsp roasted meat
10 tbsp vegetable oil
1 tbsp tomato paste
1/2 tbsp pepper paste
Broth or water, as much as the mixture gets in
2 + 1/2 tsp salt

- # Wash red lentil, white kidney beans, chickpeas and the wheat in separate bowls, and rest them in enough water for overnight.
- # The day after, boil them with their resting water in separate pots also, until they soften.
- # Put the finely diced onions and vegetable oil into a pot. Roast it until the onion pieces turns to transparent totally.
- # Add the roasted meat onto the mixture. Add tomato paste and pepper past also and roast it for about 10 – 15 more minutes.
- # Then add the boiled red lentil, white kidney beans, chickpeas and wheat in it.
- # Mix the ingredients, add salt. Add broth or water until the mixture reaches to the consistency of soup. Cook it over medium heat by stirring time to time.
- # When the soup reaches to the boiling temperature, boil it for 5 more minutes. And then, remove it from the stove.
- # Fill the soup into the bowls, sprinkle crushed red pepper all over and serve them hot.

Note: To cook the plain soup, if you do not have roasted meat, you can use 5.3 ounces ground meat instead of it.