



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

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## Taw Soup

Misket Çorbası



1 cup boiled chickpea  
7 ounces ground meat  
2 + 1/2 cracked wheat  
1+1/2 " 2 tbsp flour  
1 onion  
1 tbsp tomato paste  
1/3 cup vegetable oil  
1 egg  
5-7 parsley stems  
1/2 tsp cumin  
1 tsp salt  
Black pepper  
7-8 cup hot water

- # Get ground meat, flour, egg, cumin, salt, black pepper, parsley together and get a good meatball mixture.
- # Make taw sized meatballs.
- # Slice the onions so finely, and fry with some oil, add hot water.
- # Put the meatballs into the hot mixture, and cook until the meatballs float over the water.
- # Add boiled chickpea and finally the pour tomato paste which was made red hot with oil, all over. Garnish with parsley.

**Note:** You can add the onion without frying also, but frying the onions increases the favour of the soup.