



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

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## Noah's Pudding Soup

Aşure Çorbası



8.8 ounces chicken cubes  
1 cup wheat  
1/2 cup chickpea  
1/2 cup white kidney beans  
1 big tomato  
1 big onion  
1 tbsp tomato paste  
1 tbsp butter  
3 tbsp vegetable oil  
Juice of a lemon  
2 + 1/2 tsp salt  
8 - 10 stems of parsley  
2 - 3 stems of fresh mint  
4 cups water

- # Clean the wheat, chickpea and white kidney bean at the night and wash them. Place the white kidney bean and chickpea in the same bowl and place the wheat into a separate bowl, and add water on them until the water covers the ingredients.
- # The day after, Pour the mixture of white kidney bean and chickpeas into a pot with the water in the bowl, and pour the wheat into a separate pt also, and boil them until they soften.
- # Then divide the boiled wheat into 2 equal parts, and blend the first part until it turns to puree.
- # Put the vegetable oil and butter into a pot. When the butter melts over medium heat and mixes with the oil, add the diced onion and roast it.
- # When the onion turns to transparent, add tomato paste and sauté the mixture for a while. Add small chicken cubes into the mixture also.
- # When the chicken soaks the broth totally, add the boiled chickpea, white kidney beans, wheat and the puree of wheat with their boiling water. Add 4 cups of hot water also into the mixture.
- # When all the ingredients reaches to the boiling temperature, add the diced tomato and salt in it, and boil the mixture for about 5 more minutes.
- # Finally, add the finely sliced mint, parsley and lemon juice into the soup, stir it and remove the pot from the stove urgently. Serve it hot.

**Note:** Boiled dry kidney beans, horse beans and corn may be added into the Noah's Pudding Soup also.