



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

String Bens Soup

Ayşekadın Çorbası



8.8 ounces string bean
2 banana peppers
1 medium onion
1 medium tomato
1 cup milk
7 tbsp sunflower oil
2 tbsp flour
1 + 1/2 tsp salt
1 bouillon
5 cups water

- # Wash the string beans and slice them into small pieces. Pell the tomato and cut it into a few pieces. Remove the seeds of the banana peppers, cut them into big pieces. Decorticate the onion and cut it into about 4-5 pieces.
- # Put the prepared ingredients into a pot or into a pressure cooker, add 4 cups water and 1/2 tsp salt on it.
- # Cook the ingredients longer than normal, then remove the pot from the stove.
- # Blend the mixture, after cooling it down for a while, to turn it into homogenous puree.
- # Roast the flour with oil in a separate pot.
- # When the flour turns into pink, add the prepared mixture of string beans on it. (Keep the heat at medium level.)
- # Add 1 cup hot water, 1 cup hot milk, bouillon and 1 tsp salt in it.
- # Boil the mixture for a while, after it reaches to the boiling temperature. Then, remove the pot from the stove.
- # Serve it hot in a deep service plate.

Note: If you do not have a blender, chop the ingredients finely and boil them. Then, do the same processes in the recipe.