



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

---

## Green Pea Soup

Bezelye Çorbası



3 cups fresh green pea  
10 head lettuce leaves  
10 - 15 stems of parsley  
1 medium onion  
1/4 tsp sodium bicarbonate  
4 cups water  
2 cups broth or chicken broth  
1/3 cup sunflower oil  
1 + 1/2 tsp salt

For Upper Side:  
3 - 4 slices of stale bread  
2 tbsp sunflower oil

- # Boil the mixture of 4 cups water and 1/4 tsp sodium bicarbonate. Add the cleaned green peas, head lettuce pieces, parsley and finely sliced onion in it
- # Cook it in the pot for 1 hour. Or, cook it in pressure cooker for 5 more minutes, after it reaches to the boiling temperature. Remove it from the cooker and cool it down for a while Then strain it by forcing on them to make it turn into puree. You can blend the vegetables also.
- # Add 2 cups of broth and salt onto the puree, and boil it for 10 minutes.
- # Meanwhile, dice the slices of stale bread. Fry the pieces with 2 tbsp sunflower oil in pink color. Let it cool down.
- # Bubbles become over the boiling soup, remove these bubbles by a spoon. Finally add the 1/3 cup sunflower oil, which is turned into hot in a separate skillet, into the soup. Boil the soup for about 1-2 more minutes. Then, remove it from the stove.
- # Fill the hot soup into bowls and sprinkle the fried bread pieces over the soup.

**Note:** If you do not fry the bread pieces, they may sink on the bowl's flour.