



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

Plum Dad Üzüm Dede



1 big onion
1/3 cup vegetable oil
1 tbsp tomato paste
1 cup chickpea
1/2 cup green lentil
1/2 cup of noodle or orzo
1 tsp crushed red pepper
1/2 tsp black pepper
1 + 1/2 tsp salt
6 cups broth

For the Meatballs:
5.3 ounces ground meat
1 tbsp flour
1/2 tsp salt
A pinch of black pepper

For Upper Side:
Dried mint

- # Firstly, boil the lentil and boil the chickpea in separate pots.
- # Prepare the meatballs. Grate the onion which is given in the ingredients, without making the ground meat too much juicy. Add flour, salt and black pepper on it and knead this mixture.
- # Pick pieces, each of the pieces has chickpea size, from the mixture and roll them. Put the meatballs onto a plate with some flour, and shake the plate to cover the meatballs with flour.
- # Dice the remaining onion finely and roast with vegetable oil, until it softens. Then, add tomato paste on it and add broth also.
- # When the broth reaches to the boiling temperature, add boiled lentil and chickpea in it. Cook it for a while more and add salt, black pepper and crushed red pepper in it also.
- # Add the orzo into the boiling soup. 5 minutes later, add the meatballs also. After cooking it for 15 more minutes, remove the pot from the stove.
- # Fill the hot soup into bowls and sprinkle dried mint all over.

Note: Plum Dad is from Sivas City.