



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

Tarhana Soup

Tarhana Çorbası



1 cup tarhana (sundered food made of curd, tomato and onion)
1 medium onion
2 long green peppers
2 tbsp ground meat
1 tbsp tomato paste
1 tsp salt
9 cups water
7 tbsp vegetable oil
1/2 tsp black pepper
1 tsp dried mint

- # Roast the ground meat with oil, add grated onion, finely sliced long green peppers and tomato paste on it, cook well.
- # Add 9 cups water, add the tarhana immediately before the water starts to warm up.
- # Add salt and black pepper, and cook the soup for a few seconds after it starts to boil by stirring constantly.
- # Fill into the bowls while it is hot yet, sprinkle dried mint all over and serve.

Note: You must add the tarhana into the cold water. If you add it into hot water, you can't get smooth mixture.