



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

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## 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.