



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

White Kidney Bean Soup

Kuru Çorbası



1 cup white kidney bean
1/2 cup red mullet
2 medium onions
2 medium carrots
1 medium potato
1 bay leaf
2 garlic cloves
9 tbsp vegetable oil
1/2 tsp black pepper
1/2 tsp red pepper powder
1/2 tsp cumin
2 tsp salt
1 cup yogurt
10 cups water or broth

- # Clean the white kidney beans and dried mullet at the night, and rest them in 5 cups of water for overnight. The day after, pour this mixture into a pot and boil it, until the ingredients soften.
- # Put vegetable oil into a separate pot and make it hot over medium heat. Then, add diced onions in it.
- # When the onion turns to transparent, add finely sliced garlic cloves and grated carrot in it, and roast the mixture for about 5 minutes.
- # Add the potato cubes on it and pre-cook it.
- # Then, add boiled mixture of white kidney bean and mullet into the mixture.
- # Add black pepper, crushed red pepper, cumin, salt and bay leaf into the mixture and boil the mixture for about 20 minutes.
- # Cast away the bay leaf in the mixture, and blend the mixture. If it is not blended well, strain it to get its smooth fluid.
- # Put it into the pot again, and add 5 cups water in it. Let the mixture turn to hot over medium heat. Then, add whisked yogurt in it and stir it constantly until the mixture reaches to the boiling temperature.
- # When the mixture reaches to the boiling temperature, turn the heat to low and cook the soup for 10 more minutes.
- # Serve it hot.

Note: This is a national Mexican soup. The endemic black kidney bean may be used instead of mullet also.