



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

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## Cabbage Soup

Lahana Çorbası



8.8 ounces cabbage  
1 small onion  
1 cup yogurt  
4 cup cracked wheat  
2 tbsp vegetable oil  
7 cup water  
2 tsp salt  
1 pack bouillon  
2 tbsp flour

- # Chop the cabbage and onion into so small pieces, and boil in 5 cup water with cracked wheat.
- # Mix yogurt, 1 cup water, oil and flour in a separate bowl.
- # Pour this mixture into the boiling mixture so slowly.
- # Add salt and bouillon, and boil for 5 more minutes with stirring.
- # Serve hot.

Note: This recipe is also cooked with red cabbage in Southern Turkey.