



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

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## Village Soup with Meatballs

Köfteli Köy Çorbası



1 cup tarhana  
1 cup chickpea  
3 bell peppers  
4 green onions  
1 ripe tomato  
1/2 tbsp tomato paste  
7 tbsp sunflower oil  
1 + 1/2 tsp salt  
2 + 1/2 cups water  
7 cups broth

For Meatballs:  
7 ounces ground calf meat, fatless  
1/2 small onion  
1 slice of stale bread  
1/2 tsp salt  
1/2 tsp black pepper

# Firstly, rest the tarhana in 2 + 1/2 cups cold water.

# Then, prepare the meatballs. Put the grated onion into a deep bowl and add the stale bread slice in it and mix, until it reaches to the consistency of dough.

# Add ground meat, salt and black pepper on it and knead the mixture for about 3-4 minutes. Pick pieces in the size of walnut and roll them into ball shape.

# Place the meatballs onto the floured tray and shake the tray to cover the meatballs with flour.

# Put sunflower oil into a pot, add the finely sliced white side of the green onions. After sautéing it for a while, add the finely sliced bell peppers.

# When the color of the bell peppers changes a little, add tomato paste, grated tomato and pour the tarhana into the mixture with its water. Finally, add broth and salt in it.

# Stir the soup constantly. When the soup starts to begin hot, add the boiled chickpea and finely sliced green parts of the green onions.

# When the soup reaches to the boiling temperature, add the meatballs into the soup. Turn the heat to low.

Cook it for about 15-20 minutes by stirring time to time, without breaking the meatballs.

# Serve it hot.

**Note:** Finely sliced 2 garlic cloves may be added into this soup also.