



WHATSheATE



Persian New Year's Soup with Beans, Noodles, and Herbs (Ash-e-reshteh)



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 cups chicken stock see
- ☐ 0.5 cup chickpeas to cover
- ☐ 0.3 cup optional: dill fresh minced
- ☐ 0.5 cup fava beans dried to cover,
- ☐ 0.3 cup lentils dried
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 0.5 cup parsley fresh minced

- ☐ 1 large handful mint leaves fresh
- ☐ 5 cloves garlic minced
- ☐ 1 teaspoon turmeric
- ☐ 0.3 cup kidney beans to cover
- ☐ 1 bunch the salad stemmed coarsely chopped
- ☐ 6 ounces extra wide egg noodles thin
- ☐ 7 tablespoons olive oil
- ☐ 2 cups yogurt plain
- ☐ 6 servings salt
- ☐ 3 onion yellow

Equipment

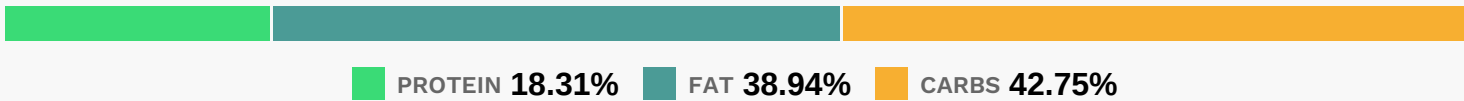
- ☐ frying pan
- ☐ pot

Directions

- ☐ Dice 1 of the onions.
- ☐ Heat a large pot over medium-high heat and add 4 tablespoons of the olive oil.
- ☐ Add the onion and sauté until lightly browned, about 5 minutes.
- ☐ Drain and rinse the chickpeas, kidney beans, and fava beans, and add them to the onion along with 4 of the minced cloves of garlic, the turmeric, and lentils. Sauté for 1 minute, then add the stock and bring to a boil. Boil the beans, covered, for 1 hour. Tilt the lid so the pot is partially covered and simmer, stirring occasionally, for 1 1/2 hours. Season with salt. Slice the remaining 2 onions into thin half moons.
- ☐ Heat a sauté pan over high heat and add the remaining 3 tablespoons olive oil.
- ☐ Add the onions and fry, stirring frequently, until the onions are brown and caramelized.
- ☐ Add the remaining garlic and the mint and sauté for 1 minute. Season with salt and set aside.
- ☐ Add the noodles to the soup and cook until tender, 6 to 8 minutes. When the noodles are almost done, add the leafy greens and the fresh herbs and cook for 2 minutes.
- ☐ Serve with a large dollop of yogurt and a few tablespoons of the sautéed onion mixture.

- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Reprinted with permission from Lucid Food: Cooking for an Eco-Conscious Life by Louisa Shafia. Text copyright © 2010 by Louisa Shafia. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc.Louisa Shafia is the founder of Lucid Food, an eco-friendly fine catering company based in New York City. A graduate of the Natural Gourmet Institute, she has worked at Millennium Restaurant and Roxanne's in the San Francisco Bay Area, and at Aquavit and Pure Food and Wine in New York.

Nutrition Facts



Properties

Glycemic Index:47.61, Glycemic Load:12.28, Inflammation Score:-10, Nutrition Score:32.03608692729%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.61mg, Isorhamnetin: 3.61mg, Isorhamnetin: 3.61mg, Isorhamnetin: 3.61mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 640.7kcal (32.03%), Fat: 27.82g (42.8%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 68.7g (22.9%), Net Carbohydrates: 59.26g (21.55%), Sugar: 17.16g (19.07%), Cholesterol: 51.23mg (17.08%), Sodium: 1054.2mg (45.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.88%), Vitamin K: 100.39µg (95.61%), Selenium: 39.48µg (56.4%), Vitamin B3: 10.51mg (52.54%), Folate: 196.1µg (49.02%), Manganese: 0.95mg (47.25%), Phosphorus: 452.71mg (45.27%), Vitamin B2: 0.73mg (43.03%), Fiber: 9.44g (37.76%), Potassium: 1247.2mg (35.63%), Vitamin B6: 0.68mg (33.75%), Copper: 0.66mg (33.03%), Vitamin B1: 0.48mg (31.88%), Iron: 4.81mg (26.75%), Magnesium: 105.62mg (26.41%), Vitamin C: 20.59mg (24.96%), Zinc: 3.14mg (20.91%), Vitamin A: 1038.36IU (20.77%), Vitamin E: 2.86mg (19.09%), Calcium: 185.7mg (18.57%), Vitamin B5: 1.07mg (10.68%), Vitamin B12: 0.38µg (6.41%), Vitamin D: 0.17µg (1.11%)