



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 dill leaves fresh minced
- 0.5 cup avarakkai / broad beans dried to cover,
- 0.3 cup lentils dried
- 0.5 cup cilantro leaves fresh minced
- 0.5 cup flat-leaf parsley fresh minced

- 1 large handful mint leaves fresh
- 5 cloves garlic minced
- 1 teaspoon ground turmeric
- 0.3 cup kidney beans to cover
- 1 bunch leafy greens stemmed coarsely chopped
- 6 ounces pasta thin
- 7 tablespoons olive oil
- 2 cups yogurt plain
- 6 servings salt
- 3 onions 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
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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 Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 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: 0g (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%)