

Khoreshe Gormeh Sabzi (Green Vegetable Sauce)

Food Mood 2018

Crabtree: Art of Nutrition & Wellbeing

INGREDIENTS

- 1/3 cup black eyed peas
- 1/4 tsp nutmeg
- 1/2 cups water (One and a half cups of water)
- 4 tablespoons shortening
- 1 cup chopped green onions
- 1 pound stew beef or round beef cut in 1 inch cubes
- 1 cup leek (chopped)
- 1 Cup spinach, chopped
- 1 medium onion, finely chopped
- 1 Cup parsley, chopped
- 1 teaspoon salt
- 1 1/2 tsp pepper
- tablespoons lemon juice
- 1/2 teaspoon cinnamon

INSTRUCTIONS

- Cook the black eyed peas in one and half cups of water on a medium fire for about 20 minutes.
- Melt shortening in a 2 quart pot.
- Add meat, onions, and seasoning and sauté until the meat is browned
- Meanwhile, melt 4 tablespoons shortening in a frying pan and add chopped green onions, leek, spinach and parsley and sauté for 10 minutes.
- Add 2 cups of water and lemon juice to the meat, Cover, and let simmer for about 30 minutes.
- When meat is tender, add cooked peas and vegetables 15 to 20 minutes before serving. Serve with the rice (chelo)
- Makes 4 to 5 servings
- This is a very well known and popular Persian stew that is served your round, which Mary has eaten many times. t is served over a steamed basmati rice.
- Kidney beans are often used instead of black eyed peas.
- All Persian kitchens would have dried lemon to use, but in this case we substitute lemon juice because that is what is more commonly available.