



## Mary's Khoreshe Gormeh Sabzi (Green Vegetable Sauce)

## RECIPE

### INGREDIENTS (makes 4-5 servings)

- 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
- 2 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

### Serving/Notes

- This is a very well known and popular Persian stew that is served your round, which Mary has eaten many times.
- Best 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