

Ash-e-jow (Iranian/Persian Barley Soup)

Yield: 8 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-barley-soup-recipe>

Ingredients:

- 2 quarts chicken stock
- 2 tablespoons vegetable oil
- 1 onion medium, diced
- 1 cup pearl barley uncooked
- 1 teaspoon turmeric
- 1 lime juiced
- 1/4 cup tomato paste
- salt to taste
- ground black pepper to taste
- 1 cup carrots diced
- 1/2 cup sour cream
- 1/2 cup fresh parsley chopped
- 8 lime wedges

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 530 milligrams
9. Sugar: 10 grams

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