

Ash Reshteh (Persian Noodle Soup)

Yield: 6 min
Total Time: 75 min

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

Ingredients:

- 2 tablespoons canola oil See Note #1
- 1 sweet onion large, Diced
- 1/2 cup brown lentils
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- 5 cups water
- 1 1/2 cups herb mix Ash Dried, See Note #2
- 1 can chickpeas 15 oz See Note #3
- 1 can pinto beans 15 oz See Note #3
- 8 ounces noodles Persian Flat, Reshteh Ash See Note #4
- 4 tablespoons olive oil divided
- 1 onion large, thinly sliced
- 4 cloves garlic minced
- 2 tablespoons dried mint See Note #5
- 1/2 teaspoon turmeric
- 1 cup whey Liquid Kashk, Yogurt, See Note #6

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 12 grams
6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 500 milligrams
9. Sugar: 7 grams

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