

Persian Yogurt Soup

Yield: 7 min
Total Time: 70 min

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

Ingredients:

- 1 small onion or 6 peeled shallots, grated on box grater
- 4 cups full-fat plain yogurt room temperature
- 1/2 cup brown rice well rinsed
- 1/2 cup yellow split peas well rinsed
- 1 large egg
- 1 tablespoon flour or organic cornstarch
- 4 1/2 cups warm water barely
- 1 1/2 teaspoons fine grain sea salt
- 1/2 teaspoon freshly ground pepper
- 3/4 cup green onions chopped
- 1/2 cup parsley or cilantro
- 1/4 cup dill chopped, or fennel fronds
- 2 cups cooked chickpeas or more to your liking
- 4 tablespoons unsalted butter
- 3 cloves garlic finely chopped
- 1 tablespoon dried mint
- 1 pinch salt
- toasted sesame seeds

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 65 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 780 milligrams
9. Sugar: 8 grams

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