

Tarhana Soup {Sour Dough Soup}

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-tarhana-soup-recipe>

Ingredients:

- 2 tablespoons cooking oil
- 1/2 medium onion
- 1 medium carrot
- 1/4 green bell pepper a medium
- 1 celery stalk optional
- 1 zucchini small, optional
- 3/4 pound ground beef
- 1 teaspoon spice “Vegeta”
- 1/2 teaspoon salt
- 1 pinch ground white pepper
- 15 ounces tomato sauce
- 5 cups water 1 liter + 200 ml
- 1 cup noodles tarhana
- chopped parsley
- sour cream optional

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 70 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 8 grams
8. Sodium: 830 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Tarhana Soup {Sour Dough Soup} above. You can see more 15 turkish tarhana soup recipe Prepare to be amazed! to get more great cooking ideas.