



Ashejow IranianPersian Barley Soup

Jacob · 29/09/2024



Prep Time

2 hrs 10 mins

Difficult

Medium

Servings

8

Description

I've seen a lot of recipes for Ashejow IranianPersian barley soup however my motherinlaw adds tomato paste for a bit of a different flavor and she doesnt add any lentils or beans Its thick filling and delicious and you could make it vegetarian by using vegetable stock

Ingredients

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

Instructions

1. Heat chicken stock in a large saucepan to a gentle simmer. Heat vegetable oil in a large pot over medium heat. Add onion; sauté until translucent. Add barley; stir 1 minute. Stir in hot stock
2. tomato paste
3. lime juice
4. turmeric
5. salt
6. and pepper; bring to a boil
7. then reduce heat to low
8. and simmer 1 hour. Stir in carrots; continue simmering until soup thickened and carrots and barley tender
9. about 30 minutes. If soup is too thick
10. add hot water
11. 1 tablespoon at a time. Slowly pour 1/2 cup hot soup into sour cream in a bowl
12. whisking constantly; gradually add to soup
13. whisking constantly. Stir in parsley. Serve with fresh lime wedges.