

Ghormeh Sabzi Persian Herb Stew

Jacob · 28/09/2024



Prep Time

3 hrs 10 mins

Difficult

Medium

Servings

6

Description

Ghormeh sabzi is deliciously savory and loaded with the flavors of several different green herbs. It's traditionally served atop white rice polow. You can also serve it with lavash bread.

Ingredients

- - ¼ cup canola oil
- divided - 1 large yellow onion
- finely chopped - 1 teaspoon ground turmeric - 1 ½ pounds boneless chuck roast
- cut into 1 1/2-inch cubes - 1 ½ cups finely chopped spinach - 1 cup finely chopped green onions (green part only) - ½ cup finely chopped Italian flat-leaf parsley - ¼ cup finely chopped cilantro - ¼ cup finely chopped chives - ¼ cup finely chopped fenugreek leaves - 1 ½ cups water
- or more as needed - salt and ground black pepper to taste - 1 lemon
- juiced - 4 dried Persian limes (limoo amani)
- or more to taste - 1 (15 ounce) can red kidney beans
- drained and rinsed

Instructions

1. Heat 2 tablespoons oil in a large pot over medium-high heat. Add onion; cook and stir until deep golden brown
2. 10 to 15 minutes. Stir in turmeric for 1 to 2 minutes. Dotdash Meredith Food Studios Add chuck cubes; cook until coated in turmeric and browned on all sides
3. 8 to 10 minutes. Dotdash Meredith Food Studios Heat remaining 2 tablespoons oil in a separate pot over medium heat. Add spinach
4. green onions
5. parsley
6. cilantro
7. chives
8. and fenugreek leaves; cook and stir until deep dark green in color
9. 5 to 10 minutes. Dotdash Meredith Food Studios Stir spinach mixture into onion and chuck mixture. Pour in enough water to create a slurry consistency. Season with salt and pepper. Stir in lemon juice. Reduce heat
10. cover
11. and simmer stew until greens soften
12. about 1 hour. Dotdash Meredith Food Studios Pierce dried limes with a fork; add to stew. Dotdash Meredith Food Studios Continue simmering until chuck is tender
13. 30 minutes to 1 hour. Stir in red kidney beans. Cook until flavors combine
14. about 30 more minutes. Dotdash Meredith Food Studios Discard dried limes before serving. Dotdash Meredith Food Studios Recipe Tip You can substitute lamb stew meat for the chuck roast if preferred.