

Vegetarian Ghormeh Sabzi

A delightful vegetarian twist on the classic Persian dish, Ghormeh Sabzi. This herbaceous stew features an array of fresh greens and kidney beans, simmered to perfection with aromatic spices for a comforting meal.


50 min

Total time

medium

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup kidney beans, soaked overnight
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh fenugreek leaves (or 1 tbsp dried)
- 1/4 cup green onions, chopped
- 1/2 medium onion, finely chopped
- 1 clove garlic, minced
- 1/2 tsp turmeric
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1 tbsp vegetable oil
- 2 cups water
- 1/2 lemon (juice)
- 1/4 tsp cinnamon
- 1/4 tsp red chili flakes (optional)

Steps

- 1 In a pot, heat the vegetable oil over medium heat and sauté the chopped onion until translucent.
- 2 Add the minced garlic and sauté for another minute.
- 3 Stir in the turmeric, black pepper, salt, and cinnamon, cooking for 1-2 minutes until fragrant.
- 4 Add the soaked and drained kidney beans along with 2 cups of water. Bring to a boil, then reduce to a simmer for 20 minutes.
- 5 Add the chopped greens (parsley, cilantro, fenugreek, and green onions) and stir well.
- 6 Simmer the stew for an additional 15-20 minutes, until the beans are tender and the flavors meld together.
- 7 Add lemon juice and red chili flakes for an extra kick if desired.
- 8 Serve hot with rice or bread.