PERSIAN · DINNER

Ghormeh Sabzi (Persian Herb, Beef and Bean Stew)

150 min · Serves 6 · 460 kcal a serve · Video 14:11 · At Home with Tara

Gluten-free ingredients · No dairy listed · No nuts listed

A herb-packed stew: each serve has about 46 g of protein and 8 g of fibre, is rich in iron, zinc and vitamin C, and the mountain of parsley and coriander supplies several days' worth of vitamin K.

Diet notes: Low saturated fat (4.9 g, 9.5% of the energy).

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Ingredients 14 · SERVES 6

- [ ] 2 lb **beef stew meat**, cut into 1-inch cubes
- [ ] 2 × 15 oz cans **red kidney beans**, drained and rinsed
- [ ] 1 large **yellow onion**, finely chopped
- [ ] 4 bunches **curly parsley**
- [ ] 2 bunches **cilantro** (coriander)
- [ ] 2 bunches **green onions**, green parts only
- [ ] 2 tbsp **dried fenugreek leaves** (shanbalileh)
- [ ] 4–5 **dried limes** (limoo amani), pierced
- [ ] 2 tbsp **ground turmeric**
- [ ] 1 tsp **black pepper**
- [ ] 2 tsp **sea salt**
- [ ] 3 tbsp **olive oil**, for the herbs
- [ ] 2 tbsp **olive oil**, for the onion
- [ ] 4–6 cups **water**

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash and dry the parsley, cilantro and green onion tops, then chop them very finely in a food processor. 0:54
2. Heat 3 tbsp olive oil in a large frying pan over medium-high heat and fry the herbs with the dried fenugreek for 5–10 minutes, stirring often, until darkened and reduced. Set aside. 4:19
3. In a large pot, fry the onion in 2 tbsp olive oil until golden brown. Add the beef with the turmeric, black pepper and salt and cook, stirring, until browned on all sides. 7:55
4. Stir in the fried herbs, then pour in 4–6 cups water and add the pierced dried limes. Boil for about 5 minutes, then cover and simmer on medium-low for 1½ hours. 10:39
5. Add the kidney beans, cover and simmer another 20–30 minutes. Taste and adjust the salt before serving. 12:10

> **Tip** Serve with Persian rice. It tastes even better reheated the next day and freezes well. No dried limes? Add 3 tbsp fresh lemon juice near the end instead.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
460 kcal	**46** g	**27** g	**8.3** g	**20** g	**1,040** mg
1,930 kJ	91% of a day	19 g net · 2.6 g sugars	30% of a day	4.9 g saturated	45% of a day
		10% of a day		25% of a day	

Energy from net carbs 17% · protein 42% · fat 41% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 361% · Vitamin B12 129% · Zinc 98% · Selenium 74% · Iron 49% · Vitamin B6 46% · Folate 44% · Vitamin C 42% · Potassium 22% · Magnesium 21% · Omega-3 20%

Source of (10–19%) Vitamin E 17% · Vitamin A 15%

Recipe and video: At Home with Tara (@ChefTaraRadcliffe) on YouTube — youtube.com/watch?v=Ox_pfuDY-j8, published 19 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ghormeh-sabzi-persian-herb-beef-stew