

Wheat food, tonic and high-quality

Wheat Ash is one of the many types of Iranian Ash.

Wheat Ash is a simple and light meal that is mostly served as an evening meal. This tasty soup is a tasty and nutritious food for the growth of children and adolescents because of the variety of wheat and beans.

Wheat Ash Ingredients:

- Onions: 2 pcs
- Garlic: 10 cube
- Peas: 250 g
- Chickpea beans: 250 g
- Peeled wheat: 400 g
- Ash vegetable: One kg
- Dried mint: a tablespoon
- Curd to the extent necessary
- Salt, pepper and turmeric to the extent necessary

How To Make Wheat Ash:

Soak the chickpeas and chickpeas from the night before and change it a few times. This is to eliminate the bloating of legumes and make them better cooked.

Wash the wheat in a pot and let it soak, cook and soften with the beans.

Chop the garlic and onions and saute in some oil until golden. Then add the peppers and turmeric and sauté them to taste.

After the beans were cooked, fried onions and garlic with

herbs hot soup add.

Ash vegetables include parsley, leeks, coriander and spinach. If spinach was not available, use beetroot.

Lower the flame until it cools and thickens. Feel free to add some curd at the end of baking.

Measure the salt at the bottom. Because whey has salt and may become salty.

When it is ready to cook, put it in a pan and garnish with curd, hot onion, hot garlic and mint.