



## **Ghormeh Sabzi is an Iranian food**

### **Rozhin Zangi**

#### **INGREDIENTS**

1/2 cup vegetable oil  
2 pounds fresh herbs (8 bunches parsley, 8 bunches Persian leeks, 2 bunches cilantro, 2 bunches fenugreek, 1 bunch spinach), chopped medium fine  
1 large white onion, chopped medium fine  
1 garlic clove, minced  
1 teaspoon ground turmeric  
1 pound beef or lamb, cut into medium chunks  
2 cups cooked red kidney beans  
1 1/2 tablespoons ground black pepper, plus additional as needed  
1 tablespoon salt, plus additional as needed  
6 dried Persian limes, 2 holes poked on opposite sides of each  
Polo Ba Tahdig (Persian Rice With Bread Crust), for serving

#### **PREPARATION**

Heat a large skillet over medium heat; add 1/4 cup vegetable oil to warm. Add chopped herbs and saute until slightly darker but not black, about 10 minutes. Remove the herbs from the heat and set aside.

Heat a large saucepan or pot with a lid over medium-high heat; add remaining 1/4 cup vegetable oil to warm. Add chopped onion and minced garlic and saute until golden brown, about 5 minutes. Add the turmeric and chunks of meat. Continue to saute until meat is browned on outside and the juices have begun to render, creating a thin sauce in the pan, 5 to 7 minutes. Add the sauteed herbs and fold into the meat/onion mixture. Add kidney beans, black pepper, salt, dried limes and 10 cups water. Bring to boil, then reduce heat to medium-low, cover and let simmer, making sure to check water level throughout cooking time, until the meat is tender enough to shred with a fork, 4 to 5 hours. (It's important not to let the top get dry; add water if necessary.) Season with salt and pepper to taste. Serve with Persian rice