

**GHORMESH SABZI - PERSIAN HERB STEW**

**GHORMESH SABZI**

CANOLA OIL	1/4 CUP
YELLOW ONION	1 LARGE
GROUND TURMERIC	1 TEASPOON
BONELESS CHUCK ROAST CUT IN SMALL CUBES	1 1/2 LBS
SPINACH FINELY CHOPPED	1 1/2 CUPS
GREEN ONIONS GREEN ONLY	1 CUP
ITALIAN FLAT LEAF PARSLEY FINE CHOPPED	1/2 CUP
CILANTRO FINE CHOPPED	1/4 CUP
CHIVES FINELY CHOPPED	1/4 CUP
FENUGREEK LEAVES CHOPPED	1/4 CUP
WATER	1.5 CUPS
SALT AND GROUND PEPPER	TO TASTE
LEMON JUICE	1 LEMON
DRIED PERSIAN LIMES (LIMOO AMANI)	4
KIDNEY BEANS DRAINED AND RINSED	1 CAN ( 15 OUNCES)



**INSTRUCTIONS FOR GHORMESH SABZI**

In a large pot on medium heat add 2 tablespoons of oil  
Add the onions and cook and keep stirring until golden brown  
Stir in the turmeric and then the cubes of beef and keep sautéing till it is browned on all sides  
In a separate pot heat the remaining 2 tablespoons of oil and on medium heat add the spinach, green onion, parsley, cilantro, chives and fenugreek leaves; cook and stir until dark green in colour  
Add the mixture into the onion and chuck pot  
Add 1.5 cups of water and season with salt and pepper add lemon juice  
Pierce the dried limes with a fork and add to the stew stir in kidney beans  
Reduce the heat and cover the pot and simmer for about an hour, discard dried limes before serving