

Vegetarian Khoresh Karafs

Well here it is THE vegetarian form!

Ingredients

2 large onions
5 cloves garlic
1 head celery
3 cups fresh parsley, packed
2 cups fresh mint, packed
1 tsp turmeric
1 tbsp Advieh
2 Persian limes
3 cups vegetable broth
salt & pepper
oil

Add the herbs to the pot along with the Persian Limes. Be sure to punch two small holes in each lime. Add Advieh along with broth. Season with salt and pepper.

Cook covered for one hour.

If you want to replace the protein from meat into this dish you can either add tofu or some types of beans. If using tofu, I would drain the tofu first and then sauté it with the onion and celery initially. Then proceed as seen above. If adding beans I would suggest using one cup of cooked beans at the step where the broth is added.

by My Persian Kitchen