

## ***Tahnabour (Hot Yogurt Soup)***

### **INGREDIENTS**

1. 2/3 cup hulled wheat
2. 3 cups yogurt
3. 7 cups water
4. 1 egg
5. 2 tablespoons flour
6. 1/2 teaspoon salt
7. 1 medium onion, chopped
8. 4 tablespoons butter or margarine
9. 1 tablespoon fresh mint, chopped
10. 1/3 tablespoon parsley, chopped

### **Method:**

1. Cook hulled wheat in 4 cups water until tender.
2. Blend yogurt, 3 cups water, egg, and flour with beater. Cook until it boils, stirring constantly with wooden spoon.
3. Add salt and hulled wheat. Remove from heat.
4. Sauté onion in butter. Add mint and parsley. Combine with soup. Simmer 5 minutes.