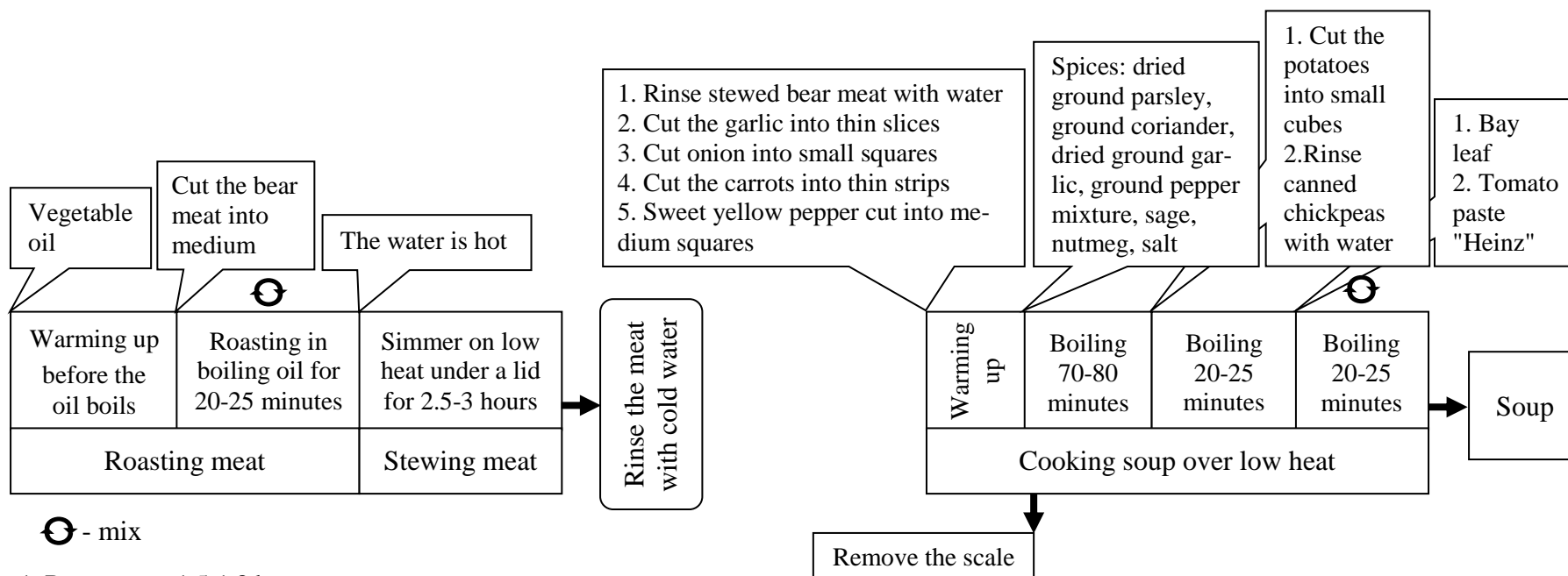


Tomato soup with bear meat and chickpeas "Polyanka" (khurs.ru - 2019)



1. Bear meat – 1.5-1.8 kg
2. Potatoes – 0.4-0.5 kg
3. Onion – 1-2 pcs.
4. Sweet yellow pepper – 1 pc.
5. Carrots – 0.5-1 pcs.
6. Garlic – 0.3-0.5 heads
7. Canned chickpeas – 1 jar
8. Tomato paste "Heinz" – 100 g
9. Vegetable oil – 120-150 g
10. Dried ground parsley – 1 tablespoon
11. Ground coriander – 0.7-0.8 tablespoons
12. Dried ground garlic – 0.7-0.8 tablespoons
13. Sage – 0.3 tablespoons
14. Ground pepper mixture – 0.3-0.4 teaspoons
15. Nutmeg – 0.2-0.3 teaspoons
16. Bay leaf
17. Salt – 1 tablespoon
18. Water – 2.5-3 liters



Tomato soup with bear meat and chickpeas "Polyanka"



1. Take the bear meat, cut into small pieces



2. Take the potatoes



3. Peel the potatoes



4. Cut the potatoes into small cubes



5. Take the onion



6. Peel the onion



7. Cut the onion into small squares



8. Take the sweet yellow pepper



9. Cut the sweet yellow pepper into medium squares



10. Peeling carrots



11. Cut the carrots into thin strips



12. Take canned chickpeas

Tomato soup with bear meat and chickpeas "Polyanka"



13. Rinse the chickpeas with water



14. Take garlic, peel the slices



15. Cut the slices into thin plates



16. Take vegetable oil



17. Measure the proportions of spices



18. Take tomato paste "Heinz"



19. Put the pan on the fire



20. Pour and bring the vegetable oil to a boil



21. Put the meat in boiling oil



22. Fry the meat in boiling oil, mix periodically



23. Fill the meat with hot water



24. Cover the pan with a lid, simmer over low heat

Tomato soup with bear meat and chickpeas "Polyanka"



25. Rinse the fried meat with water and put it on a plate



26. Put a pan of water on the fire



27. Put the fried bear meat in a saucepan



28. Put garlic and onion in a saucepan



29. Put the carrots in a saucepan



30. Put the sweet yellow pepper in a saucepan, cook over low heat



31. We remove the scale, put the spices in a saucepan



32. Put the potatoes in a saucepan



33. Put the chickpeas in a saucepan, cook over low heat



34. Put the bay leaf in a saucepan



35. Add the tomato paste, mix, cook over medium heat



36. We serve the soup on the table