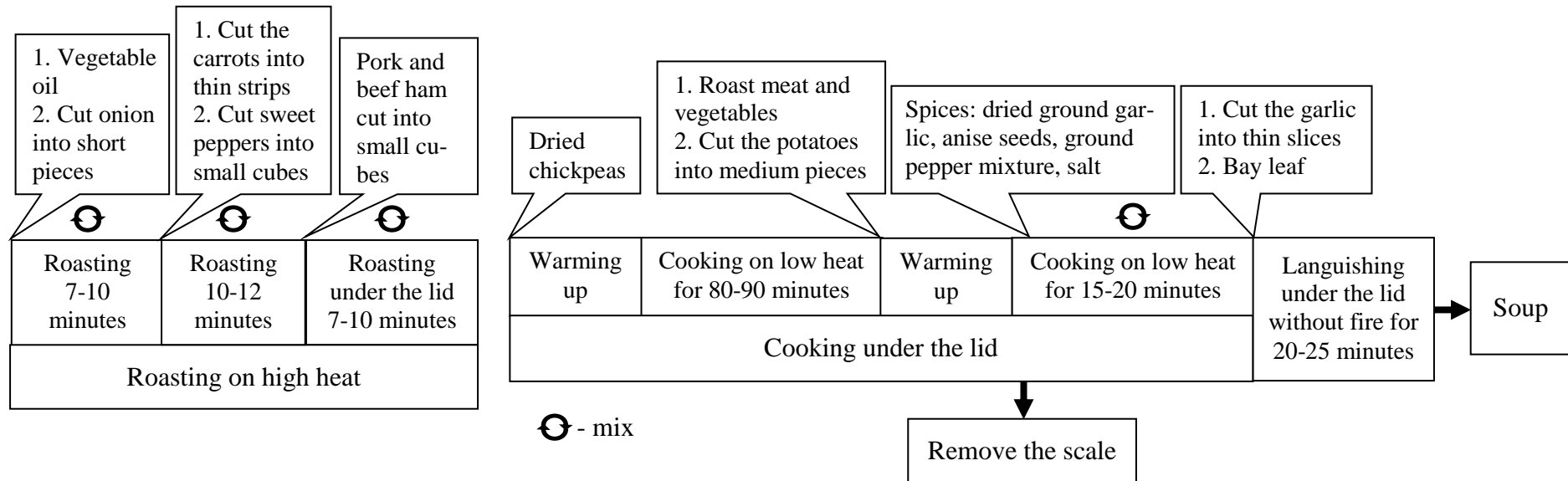


Ham soup with chickpeas and potatoes "Winter" (khurs.ru - 2020)



1. Pork ham – 0.9 kg
2. Beef ham – 0.9 kg
3. Potatoes – 1 kg
4. Sweet pepper – 1 pc.
5. Dried chickpeas – 350 g
6. Onion – 250-300 g
7. Garlic – 4-6 cloves
8. Carrots – 75-100 g
9. Dried ground garlic – 0.75-1 tablespoon
10. Anise seeds – 0.5-0.75 teaspoons
11. Ground pepper mixture – 0.35-0.5 teaspoons
12. Vegetable oil – 25-35 g
13. Bay leaf
14. Salt – 1-1.5 tablespoons
15. Water – 2.5-3 liters



Ham soup with chickpeas and potatoes "Winter"



1. Take dried chickpeas



2. Soak chickpeas in water



3. Take pork ham, cut into small cubes



4. Take beef ham, cut into small cubes



5. Peel the potatoes



6. Cut the potatoes into medium pieces



7. Take the onion



8. Cut the onion into short strips



9. Take carrots



10. Cut carrots into thin strips



11. Take sweet pepper



12. Cut the sweet pepper into small cubes

Ham soup with chickpeas and potatoes "Winter"



13. Peel and cut the garlic into thin slices



14. We make up the proportions of spices



15. We take vegetable oil



16. Put a frying pan with oil on the fire, put the onion in the pan



17. Fry the onion over medium heat until golden brown



18. Put the carrots in the pan



19. Mix the contents of the pan, fry over medium heat



20. Put the pork ham in the pan



21. Put the beef ham in a frying pan



22. Stir the contents of the pan



23. Fry over medium heat, stirring constantly



24. Cover with a lid, turn off the fire

Ham soup with chickpeas and potatoes "Winter"



25. Put a pan of water on fire, put chickpeas in a saucepan



26. Cook over medium heat, remove the scale



27. Cover the saucepan with a lid, cook over low heat



28. Put the roast in a saucepan cook over low heat



29. Put the potatoes in a saucepan



30. Remove the scale, put the spices in a saucepan



31. Mix the contents of the saucepan



32. Cover the saucepan with a lid, cook over low heat



33. Put the garlic in a saucepan



34. Put the bay leaf in a saucepan



35. Cover the saucepan with a lid, languishing without fire



36. We serve the soup on the table